

# Silver Sneakers Programming 2018

## Silver Sneakers Classic

Monday, Wednesday and Friday at 10:15 in the gym

Exercise program for those 65 and over all abilities welcome, increase your muscle strength, range of motion and balance all while enjoying social time with friends.

Free to everyone



## Silver Sneakers Splash

Tuesday and Thursday at 8:45 in the pool

A fun shallow-water exercise class to increase your strength and movement, great for your joints, low impact.

Free to SS members, \$25 for 2 classes a week for non-SS members



## Silver Sneakers YOGA

Tuesday and Thursday at 10:00 in the Multi Purpose Room

Both seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

Free to SS members, \$20 for 2 classes a week for non-SS members



Give us a call at 812.988.9622 for more information