

Silver Sneakers

Programming 2019

Silver Sneakers Classic

Monday, Wednesday and Friday | 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 Y & Silver Sneaker members



Silver Sneakers Splash

Monday, Wednesday & Friday | 9:15 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, \$28 for 3 classes a week for non-SS members



Silver Sneakers YOGA

Tuesday and Thursday | 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