

# SilverSneakers® Fitness Program

## Group Exercise Classes

SilverSneakers fitness classes are **very** safe, multi-level, equipment-based total-body conditioning classes for Medicare-eligible participants.



### SilverSneakers® Muscular Strength & Range of Movement

- Increased strength
- Improved flexibility
- A variety of support positions with a chair, designed to improve overall functional conditioning
- Exercise modifications for all participants
- Safe, fun and effective movements with hand-held weights, elastic tubing with handles, and a SilverSneakers ball

**For fit and active adults as well as those who are new to exercise, unfamiliar with exercise or just want to have fun!**



### SilverSneakers® Cardio Circuit

- Easy-to-follow Cardio Circuit advanced class to improve cardiovascular conditioning
- Non-impact standing choreography alternated with safe, fun and effective exercises for upper-body strength work
- Chair for standing support, “head to toe” stretch and complete relaxation in a comfortable position

**For fit and active adults who desire an advanced SilverSneakers workout**

Get fit, have fun, make friends!