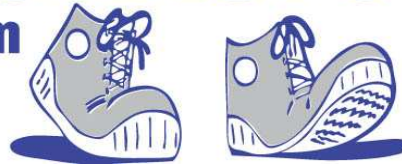


The Silver Sneakers® Fitness Program



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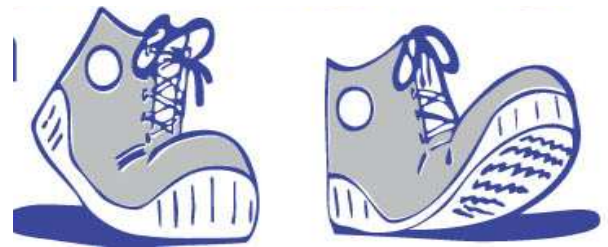
Invites you to attend our Fitness Classes !

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit 8-9 am	MSROM 8-9 am	Cardio Circuit 8-9 am	MSROM 8-9 am	Cardio Circuit 8-9 am
	MSROM 9:15-10:15 am			MSROM 9:15 am-10:15 am
YogaStretch II 10:30-11:30 am		YogaStretch II 10:30-11:30 am		YogaStretch II 10:30-11:30 am
	Yoga Stretch 12:30-1:30 pm		Yoga Stretch 12:30-1:30 pm	
Silver Splash 2-3 pm				Silver Splash 2-3 pm

Classes start week of September 14!!!!

NEW DISCOUNTED PRICE!!!!

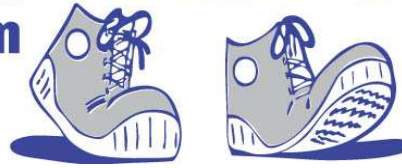
Non SilverSneaker members can pay a \$1 daily fee to take a class for a limited time only!



All fitness classes are **FREE** to members of the SilverSneakers® Program. The instructors are experienced and specifically trained to instruct these classes! As with any exercise program, please check with your physician before starting, esp. if you have a history of health problems!

You can email steved17@wowway.com for more information on these classes or go to www.SilverSneakers.com for more information on the entire program!

The Silver Sneakers® Fitness Program



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Class Descriptions

The Muscular Strength & Range of Movement (MSROM) class will increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

The Cardio Circuit class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography! A chair is used for support, stretching & relaxation exercises

The YogaStretch class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. YogaStretch II is a more advanced class with the same principles as in YogaStretch.

The SilverSplash® class will activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required! A special SilverSplash® kickboard is used to develop strength, balance & coordination!

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