



SILVERSNEAKERS®

CLASS SCHEDULE

Healthways
SilverSneakers®



FREE FOR SENIORS with a
qualifying Medicare plan.

WE OFFER CLASSES FIVE DAYS A WEEK, SEVEN TOTAL CLASS TIMES AND THREE DIFFERENT CLASS VARIATIONS:
CLASSIC, YOGA, STRETCH & STRENGTH.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30AM  SilverSneakers® STRETCH & STRENGTH Improve flexibility, muscular strength and range of movement for daily living. A great class to move better and feel better.	10:30AM  SilverSneakers® CLASSIC Have fun and move to upbeat music through exercises designed to increase muscular strength, range of movement and activity for daily living.	10:30AM  SilverSneakers® YOGA Stretch, strengthen and relax through seated and standing yoga poses. Improve flexibility, balance and peace of mind.	10:30AM  SilverSneakers® CLASSIC Have fun and move to upbeat music through exercises designed to increase muscular strength, range of movement and activity for daily living.	10:30AM  SilverSneakers® CLASSIC Have fun and move to upbeat music through exercises designed to increase muscular strength, range of movement and activity for daily living.
	12:30PM  SilverSneakers® CLASSIC		12:30PM  SilverSneakers® CLASSIC	



STAY STRONG. STAY ACTIVE. STAY CONNECTED.

SilverSneakers® classes are included with your FREE qualifying membership.



NOT SURE IF YOU'RE ELIGIBLE?

Visit [SilverSneakers.com](https://www.silversneakers.com) or call your
Medicare health plan to learn more.