



# SILVER SNEAKERS CLASSES

	MON	TUES	WED	THURS	FRI	SAT
10:15-11	YOGA WITH KIM	CIRCUIT WITH KIM	CLASSIC WITH DEBBIE	CIRCUIT WITH KIM	CLASSIC WITH DEBBIE	
11:15-12	CLASSIC WITH KIM				CHAIR YOGA WITH DEBBIE	

## SILVER SNEAKERS CLASSIC

focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

## SILVER SNEAKERS CIRCUIT

offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels.

## SILVER SNEAKERS YOGA

participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints.

## ACTIVE OLDER ADULT BALANCE

Increase muscular stabilization, strength & coordination, balance and range of motion as well as improving everyday living skills

## Questions or Feedback?

Shayna Lester, Health & Wellness Director at [shayna@kvymca.org](mailto:shayna@kvymca.org) or by calling 207-707-4771.