



SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. Eligible SilverSneakers members receive:

- **A free fitness center membership** at the Seven Hills Community Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- **Access to any participating fitness center** throughout the U.S. while traveling
- **Customized SilverSneakers classes** designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- **Health education seminars** and other events that promote the benefits of a healthy lifestyle

The award-winning* SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.

Visit www.silversneakers.com or stop in at the Recreation Center to see if your Health Care Plan is Eligible!

The SilverSneakers® Fitness Program:
Empowering YOU to take control of your health!

SilverSneakers Classes

Muscular Strength and Range of Motion (Land Class) - Have fun and move to music through a variety of exercises designed to 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.

Tuesdays and Thursdays with Kammy Shuman - 9:15am - 10:00am in Gym 2

Mondays and Fridays with Judy Vale- 9:15am - 10:00am in Gym 2

CardioFit (NEW!) - Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Instructor - Tanya Verderber

Tuesdays & Thursdays - 11:15am -12:00noon - Gym 2

SilverSplash (Water Class) - Activate your aqua-exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Instructor - Judy Vale

Mondays and Fridays 10:45am - 11:30am in the Pool!

Tuesdays and Thursdays - 9am - 9:45am in the Pool!

YogaStretch (Land Class) - YogaStretch 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.

Mondays and Wednesdays - 10:15am - 11:00am - Gym 2 with Renee

Tuesdays and Thursdays - 10:15am - 11:00am - Gym 2 with Kammy

Cardio-Circuit (Land Class)- Combine 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 are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Instructor - Renee Ciavarella

Mondays & Wednesdays - 11:15am -12:00noon - Aerobics Studio

Classes are FREE to SilverSneakers Members. Come Early - First 30 Participants!

Non SilverSneakers Pricing:

Members: \$4 Drop In or \$40 Punch Card - OR Non-Members: \$6 Drop In or \$60 Punch Card

(10 Classes on Punch Cards Good for 2 Months)

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