



SilverSneakers®
by Tivity Health

"Classic"

Tuesdays & Thursdays

10:00-10:45 am

Instructed by Gary/Tanya in the gym

Class open to all participants

Non-impact, rhythmic movement with tools such as hand weights, elastic bands, and a ball.

Designed to enhance: Muscular Strength, Range of Movement, Activity of Daily Living Skills.