

# Attention SilverSneakers Participants

CLASSES RESUME ON MONDAY, APRIL 19th

**We're SO happy to have you back!**

Please help us ensure a safe environment for all by doing

## **Your Part:**

- Wear your mask upon entering the building and while passing through common areas until you reach your chair in the gym.
- Remember masks are NOT REQUIRED while you are exercising during class. Please maintain 6ft of distance while selecting equipment before class.
- Please practice social distancing before, during and after class.
- You DO NOT have to return your equipment after class. Just leave it at your chair.
- Please remember to avoid congregating in groups and to maintain social distancing when entering and leaving the building.
- Please do not arrive more than 15 minutes before the start of class.

Our goal is to provide a safe environment for everyone by doing

## **Our Part:**

- Utilizing our open gym space to ensure safe distance and optimal air exchange.
- Chairs will be set up with adequate spacing for your safety.
- We will make sure all of the equipment is disinfected after every class.
- Following class you may leave your used equipment by your chair and we will do the cleaning.

**WE HAVE MISSED YOU AND LOOK FORWARD TO HAVING YOU BACK FOR YOUR SILVERSNEAKERS CLASSES!**



## LOVE LIFE LONGER™

Improve strength, energy and balance with regular exercise.

SilverSneakers offered here

SilverSneakers®

**NEW!!**  
Silver Sneakers  
Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30a-11:30	SilverSneakers CardioFit Crystal	SilverSneakers Classic Suzy	SilverSneakers CardioFit Crystal	SilverSneakers Classic Suzy	SilverSneakers CardioFit Crystal

**Classic:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**CardioFit:** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support.

