

SILVER SNEAKERS CLASS SCHEDULE

Effective August 3, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM Silver Sneakers Kim Kensington	9:00 AM Silver Sneakers Katie Kensington	9:00 AM Silver Sneakers Kim Kensington	9:00 AM Silver Sneakers Katie Kensington	9:00 AM Silver Sneakers Rotation Kensington
9:15 AM Silver Sneakers Peggy Kensington	10:15 AM Silver Sneakers Katie Kensington	10:15 AM Silver Sneakers Kim/Stacy Kensington	10:15 AM Silver Sneakers Katie Kensington	10:15 AM Silver Sneakers Rotation Kensington
10:30 AM Silver Sneakers Katie Kensington				



- **10 Participants Per Class**
- **Registration Activity Number is 550833**
- **Schedule subject to change without notice**
- **No holding spots for other participants**
- **Updated 8.3.2020**

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.