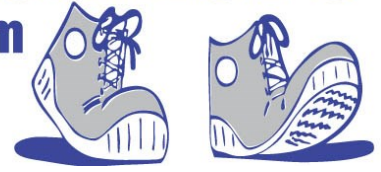




# The Silver Sneakers® Fitness Program



## Superior Douglas County Family YMCA



### Class Information

Monday: Yoga  
10:30-11:15am

Tuesday: Classic  
10:30-11:15am

Wednesday: Yoga  
10:30-11:15am

Thursday: Classic  
10:30 - 11:15am

Friday: Circuit  
10:30-11:15am

Location: Multi-Purpose Room

Cost: SS Members FREE  
YMCA Members \$15.00  
YMCA Non-Members \$30.00

**SilverSneakers® Classic:** Have fun and move to the 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. The goal is fun, fitness and friends.

**SilverSneakers® Circuit:** An advanced class for participants who can stand for at least 30 minutes and are ready for a cardio workout. The format includes standing non-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing with handles and a ball.

**SilverSneakers® Yoga:** Yoga 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.

SUPERIOR DOUGLAS COUNTY FAMILY YMCA  
9 N. 21ST STREET  
SUPERIOR, WI 54880

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