

# The Silver Sneakers® Fitness Program



## **Silver Sneaker Classic & Dance Party (Low Intensity) are back!!!!**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated and standing support. Low impact movements are programmed to energize your active lifestyle.

### **CLASSES START MONDAY MAY 10<sup>th</sup>**

**Silver Sneaker Classic – Monday and Wednesday at 11:00 AM**

**Dance Party – Low Impact – Tuesday and Thursdays at 9:30 AM**

**Socially distancing and masked required in our program rooms.**

**Questions to be directed to Floyd Shaffer – 215-470-8917**

**CALL 267-649-7200 FOR RESERVATIONS AS SPACE IS LIMITED!!!!**