



**Seniors!**  
Enjoy the benefits of  
Group Exercise  
because you're worth it!

#4 Cougar Drive  
Glen Carbon IL 62034  
618-288-5555  
*Healthways*



# Silver Sneakers®

*Fitness Program*



**Monday**  
**Wednesday**  
**Friday**  
**11:00 ~ 12:00**  
**Noon**



*Stay hydrated!*  
*Bring a water bottle to class.*



Designed to increase strength, range of movement, agility, balance and coordination, to improve functional capacities, physical fitness level and sense of well-being.

Have fun moving to the music through a variety of exercises, some using hand-held weights, elastic tubing with handles or a ball for resistance.

A chair is used for seated &/or standing support.