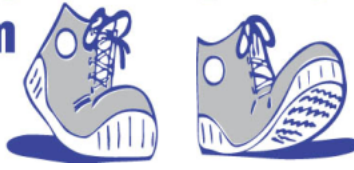


The Silver Sneakers® Fitness Program



At Pike County **YMCA**

Muscular Strength & Range of Movement Class

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 offer for resistance, and a chair is used for seated and/or standing support.

Time: **Mondays & Wednesday Weekly**
9:45am – 10:30am

“Get fit, have fun, make friends!”

Signup begin: **Open / Any** - **Members**
Runs with class sessions - **Non-members**

Fee: **SilverSneakers Members** - **FREE**
YMCA Members - **FREE**
Non-members - **\$ 40.00**

Goals of the class are:

- Encourage individuals to take control of their personal health status.
- To improve overall fitness and promote health education.
- Encouraging utilization of equipment and to progressively increase muscular strength and/or aerobics capacity.
- Provide a group exercise environment that encourages socialization in a class setting and with peers.
- Class is very energetic.
- Class is taught from both seated and standing positions.
- All by using light weighs, balls, and bands.

The SilverSneakers Fitness Program is offered to Anthem and Humana Medicare Advantage health insurance holders and to the YMCA members.

For more information: 947-8862 or stop at the front desk.