



## Silver Sneakers<sup>®</sup> by Tivity Health

### About Silver Sneakers<sup>®</sup>

Tivity Silver Sneakers<sup>®</sup> Fitness program is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental and social needs of Medicare-eligible members (usually 65-plus). Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. PRIME is available to adults ages 18-64 whose health insurance includes this program as a wellness benefit.

### Memberships

Tivity Silver Sneakers<sup>®</sup> and PRIME members receive a no-cost Community Center and/or Griswold Center membership, which includes all member benefits. Eligibility for these insurance-based programs can be confirmed at the Community or Griswold Center customer service desks.

For Silver Sneakers<sup>®</sup> participants this also includes the opportunity to participate in the signature Silver Sneakers<sup>®</sup> group exercise classes. Both programs offered at both the Community Center and Griswold Center are listed below. For PRIME participants this includes the opportunity to participate in the Silver Sneakers<sup>®</sup> BOOM classes.

## Silver Sneakers BOOM<sup>™</sup>

BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults which includes Move, Muscle, and Mind. Whether you are just beginning your fitness journey or looking to take your fitness to the next level, BOOM is right for you. All classes are done without the aid of a chair.



### Silver Sneakers BOOM<sup>™</sup> MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

#### Griswold Center

Mon	1:00PM-1:30PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30

#### Community Center

Tues	8:30AM-9:00AM	Ongoing
No Fee**	Instructor: Judy Hunter	Max. 25
Thu	2:00PM-2:30 PM	Ongoing
No Fee**	Instructor: Bev Tabb	Max. 30



### Silver Sneakers BOOM<sup>™</sup> MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

#### Griswold Center

Mon	1:30PM-2:00PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30

#### Community Center

Tues	9:00AM-9:30AM	Ongoing
No Fee**	Instructor: Judy Hunter	Max. 25
Thu	2:30PM-3:00PM	Ongoing
No Fee**	Instructor: Bev Tabb	Max. 25



### Silver Sneakers BOOM<sup>™</sup> MIND

The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, low-body strength and balance.

#### Griswold Center

Mon	2:00PM-2:30PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30

#### Community Center

Tues	9:30AM-10:00AM	Ongoing
No Fee**	Instructor: Judy Hunter	Max. 25
Thu	3:00PM-3:30PM	Ongoing
No Fee**	Instructor: Bev Tabb	Max. 25

# SILVERSNEAKERS



## SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

### Community Center

Mon	9:00AM - 10:00AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30
Fri	9:00AM - 10:00AM	Ongoing
No Fee*	Instructor: Richard Johnson	Max. 30

### Griswold Center

Tue	10:15AM - 11:00AM	Ongoing
No Fee*	Instructor: Stacy Connelly	Max. 30
Wed	3:30PM - 4:30PM	Ongoing
No Fee*	Instructor: Sandy Hull	Max. 30
Thu	10:15AM - 11:00AM	Ongoing
No Fee*	Instructor: Mary Ervin	Max. 30



## SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

### Griswold Center

Tue	9:15AM - 10:00AM	Ongoing
No Fee*	Instructor: Stacy Connelly	Max. 30

### Community Center

Wed	8:30AM - 9:30AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30



## SilverSneakers® Yoga

SilverSneakers® 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Community Center

Mon	12:15PM - 1:00PM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25
Thu	12:15PM - 1:00PM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25

### Griswold Center

Tue	12:15PM - 1:00PM	Ongoing
No Fee*	Instructor: Stephanie Tran	Max. 15



## SilverSneakers® Splash

### Lap Pool

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

### Community Center

Mon, Wed, Fri	10:00AM - 10:45AM	Ongoing
No Fee*		Max. 16

\* Circuit, Classic, Yoga & Splash programs are offered only to members 65 and up of SilverSneakers®.

\*\*BOOM programs are offered to PRIME & Silversneakers® members ages 50 and up.

Visit [www.TivityHealth.com](http://www.TivityHealth.com) for more information regarding the Tivity SilverSneakers® Fitness program.