



SILVERSNEAKERS AT ONEGENERATION SENIOR ENRICHMENT CENTER

SilverSneakers® Classic

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. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



**NEW FITNESS
CLASS AT
ONEGENERATION
SENIOR
ENRICHMENT
CENTER!!!!**

EVERY TUESDAY
9:30-10:30 AM IN
THE ACTIVITY ROOM

EVERY THURSDAY
1:00-2:00 PM IN
MP2&3 ROOM

FREE FOR
SILVERSNEAKERS
MEMBERS!

**\$3.00 FEE FOR NON-
SILVERSNEAKER**

**ONEGENERATION
SENIOR ENRICHMENT
CENTER**

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