



## New Class offered at ONEgeneration Senior Enrichment Center

### *Silversneakers Circuit*

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

**When: Monday's**

**Time: 2:30pm-3:30pm**

**Room: Multi-Purpose 1 &2**

**Fee: *FREE* for all Silversneakers & Silver and Fit members.**

**\$3.00 FEE for all Non-Silversneakers and Silver & Fit member.**

***Classes start August 12<sup>th</sup>, 2019***

Call the main office at: (818)705-2345 for any questions

