

SILVERSNEAKERS® AND ACTIVE OLDER ADULT

CLASS DESCRIPTIONS

CHAIR YOGA: Participants use a chair as a prop during a variety of seated and standing postures, gaining many benefits of yoga WITHOUT getting up or down to the floor. Class ends with deep relaxation, breathing practice and silence.

PURE STRENGTH: Strength training utilizing different lifting techniques, rep/weight ranges, and equipment. Class may consist of pyramids with rep/weight changes with a few strength moves alternating, or a traditional style weight lifting class.

SilverSneakers® Circuit: Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.

SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.