



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP MOVING, STAY CONNECTED

SILVER SNEAKERS® FITNESS



Silver Sneakers®

A unique physical activity program designed to encourage Medicare-eligible members to increase their fitness level. Based upon "fitness, fun and friends," the program incorporates fun, social programming with an exercise program that enhances independent living skills. Sponsored by Humana Insurance. Classes are open to all Y members.

Silver Sneakers® 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 Silver Sneakers® ball will be used.

Silver Sneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball will be used.

Silver Sneakers® Yoga

Silver Sneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.



YouTube

