



# Turnstone



HEALTHWAYS  
**SilverSneakers**<sup>®</sup>  
FITNESS

## Classic

Have fun and move to the music through a variety of exercises designed to increase muscle 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 used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

**Classes start May 2nd!**

**Days:** Tuesday and Thursday

**Time:** 9:30-10:15 am

**Cost:** SilverSneakers members-FREE

Non-SilverSneakers-\$35/mo

**\*Please contact Lexi Olinske for further information @ 483-2100 Ext. 339**

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