



FEB SILVERSNEAKERS®

	MON	TUE	WED	THU	FRI	SAT
WEEKLY		Muscle Strength 10:30 am/Sandy		Muscle Strength 10:15 am/Katy Senior Yoga 11 am/Bridey		

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

This program is a combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance.

All levels and abilities are welcome.

Sterling Insurance may save you money on your club membership. Contact our Membership Team if you currently have Sterling Insurance, 251-3344 ext 72.