

# LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE Summer 2018 | June 18 – August 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>S.S. Classic</b> 10:15-11:15 AM Betsy   Gym	<b>S.S. Classic</b> 9:15-10:15 AM Marie   Studio 1	<b>S.S. Classic</b> 10:15-11:15 AM Glady   Gym	<b>S.S. Splash</b> 10:30-11:15 AM Rovena   Pool	<b>S.S. Classic</b> 10:15-11:15 AM Glady   Gym
<b>S.S. Yoga</b> 11:45-12:45 PM Sara   MPR	<b>S.S. Splash</b> 10:30-11:15 AM Audrey   Pool	<b>S.S. Yoga</b> 11:30-12:30 PM Sara   MPR	<b>S.S. Circuit</b> 11:00-12:00 PM Marie   MPR	
<b>S.S. Yoga</b> 1:00-2:00 PM Roe   MPR	<b>S.S. Classic</b> 11:45-12:45 PM Rovena   MPR		<b>S.S. Classic</b> 12:30-1:30 PM Rovena   MPR	
		5.31.18	<p style="text-align: center;"><b>LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE</b> Summer 2018   June 18 – August 19</p> <p>No registration required for YMCA members. Just drop in!</p> <p>Unlimited classes included with membership. Daily guest fee includes access to Group Exercise Classes on this schedule.</p> <p>Contact Andrea Brown at 215.949.3400, Ext. 68 or <a href="mailto:agbrown@lbfymca.org">agbrown@lbfymca.org</a>.</p>	

## CLASS DESCRIPTIONS

**Silver Sneakers Classic (S.S. Classic)** – Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.

**Silver Sneakers Circuit (S.S. Circuit)** – Offers standing, low-impact choreography alternated with standing upper-body strength work. A chair is used for standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.

**Silver Sneakers Yoga (S.S. Yoga)** – Participants will move through both seated and standing yoga poses, designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Silver Sneakers Splash (S.S. Splash)** – A fun, shallow-water exercise class that uses a signature splash-board to increase

strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.