

SILVERSNEAKERS®



**CHECK WITH YOUR INSURANCE
PROVIDER TODAY FOR COVERAGE!**

SilverSneakers Stability

Stability is designed to increase strength and improve balance. Exercises that strengthen the ankle, knee and hip joints are presented in a fun and social setting. This class is designed specifically for fall prevention.

Classes meet Tuesdays 2:00PM - 3:00PM

SilverSneakers Circuit

Circuit is interval-style training, designed to strengthen your upper-body with tubing, handheld weights and a SilverSneakers ball. Low-impact cardio movements are alternated to maximize fitness benefits. A chair is offered for support.

Classes meet Thursdays 2:00PM - 3:00PM

MONTHLY FEE FOR BOTH CLASSES

FREE WITH QUALIFYING INSURANCE PLAN
OR

A MONTHLY FEE: RPB Res: \$50 / Non-Res: \$60

LOCATION

Royal Palm Beach Recreation Center
100 Sweet Bay Lane
Royal Palm Beach, FL 33411

FOR MORE INFO CALL

561-790-5124

QUESTIONS FOR THE INSTRUCTOR?

CALL OR TEXT!

DREMA B.

561-676-9668