

Healthways
SilverSneakers®
Fitness Program

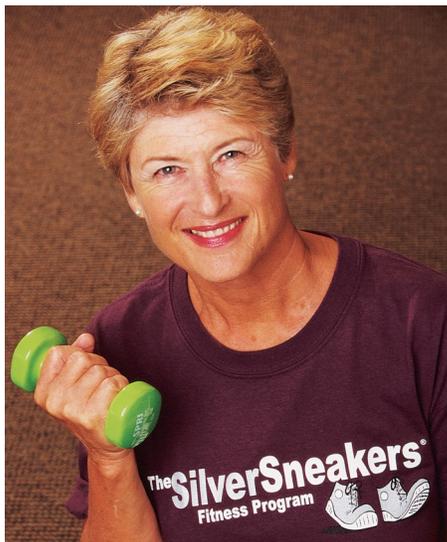
Classic

Wednesdays & Fridays

9:00-10:00 am

Free for SilverSneakers Members

\$3 Non-Members



SilverSneakers® Classic is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants' functional capacities.

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