



# SILVER SNEAKERS CARDIO & STRENGTH

Join SilverSneakers® and the Parks and Recreation Department as we collaborate to bring in a new innovating form of exercise for active adults 50+.

The SilverSneakers FLEX program is a great way to meet friends and get in shape.

This fitness class combines a variety of exercises to help increase cardio endurance while strengthening muscles. The class will begin with a warm-up and offer modifications for every level and end with a cool down.



## TUESDAYS & FRIDAYS

November 7 - December 22

No Class: 11/17, 11/21 & 11/24

**9:00 - 10:00am**



### COME TO CLASS PREPARED!

- Wear comfortable athletic shoes
- Wear loose fitting clothes
- Bring a Towel
- Don't forget your water bottle

Program will take place at the  
Surfside Community Center  
9301 Collins Avenue

### FEES:

SILVERSNEAKERS MEMBER: FREE

NON MEMBERS: \$5.00 PER CLASS

**\* PAID DIRECTLY TO INSTRUCTOR IN CASH OR CHECK.**

SilverSneakers members receive their membership through their healthcare plan .

The participants that are interested in becoming SilverSneakers members will need to call the member eligibility line at 1 (888) 423-4632 for more information.



For more information call the  
Surfside Community Center (305) 866-3635  
Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)

