



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
September 2 - October 24
No Class: 9/23, 10/2,
10/7 & 10/14
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: \$10.00 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.

PROGRAM
REGISTRATION

