



# 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 55+.

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**

**March 6 - April 24**

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

**No Class: 3/24, 3/27, 4/3,  
4/7, 4/10**



**PROGRAM  
REGISTRATION**

**SCAN ME**



## **COME TO CLASS PREPARED!**

- Wear comfortable athletic shoes
- Wear loose fitting clothes
- Bring a Towel, Free Weights, and Stretch Straps with Handles
- Don't forget your water bottle

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



## **FEES AGES 55+:**

**SURFSIDE RESIDENT: FREE**

**SILVERSNEAKERS MEMBER: FREE**

**NON-RESIDENTS/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.