



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**



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.

