



# 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**  
**January 6 - February 20**  
**9:00 - 10:00am**

**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.

