



# Bradford County Branch YMCA

## Silver Sneakers Program

# LIVING LONG TOGETHER



SilverSneakers® – Classic // Monday & Friday 10-11am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® – Circuit // Wednesdays 10-11am

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® Yoga // Tuesdays 10-11am

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and

For more information about the Silver Sneakers program at the YMCA, contact Sara at 268-9622 or by email at [saraw@rvymca.org](mailto:saraw@rvymca.org)

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