

FREE

Silver Sneakers Exercise Classes



At The PCC

Silver Sneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball is offered for resistance. A chair is available if needed for seated or standing support.

Monday, Wednesday & Friday

Silver Sneakers Circuit

9:00am – 9:45am

Silver Sneakers Classic

10:00am – 10:45am

Instructor: Alice Daskiewich

Stop by the office if you have any questions or call us @ 597-5501
The Palmyra Community Center @ 424 Stafford Street, Village of Palmyra

