



GETTING FIT JUST GOT MORE CONVENIENT

SilverSneakers® Strength and Balance is now available outside of the fitness center

Thanks to the FLEX™ program, you can participate in one of your favorite classes in a new, convenient location. **SilverSneakers Strength and Balance** is a low-impact class designed to help you improve flexibility and balance while increasing muscular endurance. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability.

Come join our class – there's **no cost to SilverSneakers® Fitness program members.**

COME OUT AND PLAY! VISIT SILVERSNEAKERS.COM/FLEX FOR MORE INFORMATION.





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City: _____

Fitness Center: _____

Address: _____

Date: _____

Time: _____

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