



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE STAY HEALTHY

## Silver Sneakers Circuit SCHUYLKILL YMCA

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 SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

- Register at front desk or by phone
- Free for members; \$5 for non-members

**WHEN:** Monday  
**TIME:** 8:00 to 9:00 am  
**LOCATION:** SCHUYLKILL YMCA  
520 N. Centre St.  
Pottsville, PA 17901  
570 622 7850



**SilverSneakers®**  
FITNESS

