



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE & STAY HEALTHY

## Silver Sneakers Classic SCHUYLKILL YMCA

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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

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

**WHEN:** Wednesday & Thursday

**TIME:** 9:30-10:30 AM  
10:15-11:15 AM

**LOCATION:** SCHUYLKILL YMCA  
520 N. Centre St.  
Pottsville, PA 17901



SilverSneakers®  
FITNESS

