



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT. HAVE FUN. MAKE FRIENDS.

SilverSneakers at Westminster

WHEN: Tuesdays and Thursdays
TIME: 1:15-2 p.m.
LOCATION: Westminster Village
CONTACT: Amber Penrod
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765-741-5551

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. The class provides handheld weights, elastic tubing with handles and a SilverSneaker ball for resistance. A chair is available if needed for seated or standing support.

