

Silver Sneakers

```
st1\:* {
BEHAVIOR: url(#ieooui)
}
@font-face {
font-family: Wingdings;
}
@font-face {
font-family: Cambria Math;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.25in 1.0in 1.25in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
LI.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
DIV.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
.MsoChpDefault {
FONT-SIZE: 10pt; mso-style-type: export-only; mso-default-props: yes; mso-ansi-font-size: 10.0pt; mso-bidi-font-size:
10.0pt
}
DIV.Section1 {
page: Section1
}
OL {
MARGIN-BOTTOM: 0in
}
UL {
MARGIN-BOTTOM: 0in
}
```

Williamsport Branch YMCA

320 Elmira St. Williamsport, PA 17701

570-323-7134

What Is the SilverSneakers® Fitness Program?

The SilverSneakers Fitness Program is offered in partnership with select health plans at no additional cost to Medicare-eligible members.

Benefits:

YMCA Adult Membership

Includes: FitnessCenters (Both Main and Private Men’s and Women’s), Pool, Walking Track, Racquetball Courts, Basketball, Whirlpool, Sauna, Steam Room, General Group Exercise Classes, and Locker Area

Chair Aerobic Group Exercise Classes specifically for Seniors

Incentive Programs for Fitness and Attendance

Social Interaction with Senior Peers

Eligibility:

Members must be covered by one of the following health plans:

If you are not eligible for SilverSneakers you may still attend the group exercise classes by either becoming a YMCA member or paying a \$5 guest day pass.

The Freedom Blue Plan of Highmark
(Blue Cross Blue Shield of Northeastern Pennsylvania)
The Geisinger Gold Plan
(Geisinger PEBTF, Gold Classic 1,2,3; Secure 3)
HOP
(PSERS Health Options Program)

Group Expecise Classes:

Please wear comfortable clothing and supportive footwear to workout, bring a water bottle for proper hydration. Set-up for the below classes start at 8:45 AM and meet in the Pickelner Arena.

SilverSneakers® Muscular Strength and Range of Movement:

Chair based-class for older adults, designed to increase; strength, range of movement, agility, balance, and coordination and to improve participants's functional capacities, physical fitness level, and sense of well-being.

Monday and Wednesday 9:00 – 9:45 AM

```
@font-face {
font-family: Cambria Math;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
LI.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
DIV.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
.MsoChpDefault {
FONT-SIZE: 10pt; mso-style-type: export-only; mso-default-props: yes; mso-ansi-font-size: 10.0pt; mso-bidi-font-size:
10.0pt
}
DIV.Section1 {
page: Section1
}SilverSneakers® Cardio Circuit:
```

Advanced class for older adults, designed to increase; cardiovascular and muscular endurance capacity as well as agility, balance, and coordination.

*We recommend that participants can stand and move continuously for 45 minutes at a time in order to have the proper stamina for this class.

Tuesday, Thursday, and Friday 9:00 – 9:45 AM

For More Information and/or to Sign-up:

(570) 323-7134 extension 46

wellness@williamsportymca.org