



# MOVING TO MAINTAIN INDEPENDENCE

## Silver Sneakers AEROBICS STUDIO

Enjoy improved health and make friends in this exercise program designed exclusively for the older adult. Maintain your independence by improving balance, coordination, flexibility and strength. The class we offer is Muscular Strength and Range of Movement.

- Recommended for ages 65 and up
- Utilizing chairs, balls, tubing & dumbbells
- Focus on muscle strength and stability

**WHEN:** Tuesdays & Thursdays  
**TIME:** 1:30-2:15pm  
**LOCATION:** YMCA  
1346 S. Main Street  
Burlington, NC 27215  
336.395.9622  
[acymca.org](http://acymca.org)

