

Get fit, have fun, make friends...

What can regular exercise do for you?

- Reduce your risk of heart disease by up to 50%.
- Double your muscle strength in three to four months.
- Reduce the risk of diabetes by as much as 75% if you are 60 or older!

What does SilverSneakers give you?

- A free basic membership at a nearby participating location.
- Access to all basic amenities.
- A Senior Advisor (Dawn M. Queen) to help you along the way!

To find out if your Medicare health plan offers the program, visit www.silversneakers.com or call your health plan's customer service department.

Revised 1/19/10

Other Great Benefits Include...

- Social Gatherings with other SilverSneakers Members
- Visit Drivers with GREAT prizes.
- Birthday gifts and More!



Mark your calendar for the 2010 social dates, each time we will meet at 11:30am for lots of fun:

- February 18 (Games)
- April 15
- June 17
- August 19
- October 14
- December 16

Facility Hours:

Monday - Friday: 5:30am - 9:00pm

Saturday: 7:00am - 7:00pm

Sunday: 1:00pm - 7:00pm

Pool closes thirty (30) before the facility.

Call 859-873-5948 for more details

**For more information regarding
SilverSneakers® please visit
www.silversneakers.com**

2010

Information



"THE PLACE TO BE!"

WHAT IS SILVERSNEAKERS®

The SilverSneakers Fitness Program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. Each member is entitled to a basic membership at a SilverSneakers participating location. The basic membership includes the SilverSneakers classes, other classes on your location's schedule, guidance from qualified instructors and Senior Advisors, social activities and use of amenities such as swimming pools and whirlpools, if available.

The SilverSneakers classes offer multi-level equipment based on strength and conditioning exercises designed for Medicare-eligible individuals. The classes are easy on your joints and appropriate for those who exercise regularly and those who are new to exercise or who may not have exercised in years. These exercises are designed to improve your strength, flexibility and the ability to perform functional activities such as getting out of your car or lifting your grandchildren! It is never too late to start exercising. You can do this!

Did You Know...

- You can bring a friend(s) to the facility or to class with you FREE, once a month. Just stop by the front office to get them a SilverSneakers guest pass.
- You may attend classes at any participating SilverSneakers contracted location in the country.

Just Starting to Exercise?

Pace Yourself: Keep your heart rate in a comfortable intensity zone. Work hard enough to make your heart stronger without overexerting.

Slow Down or Rest When You Need to: You might find it hard to keep going through the entire class. That's fine! You will get stronger by continuing to exercise.

Listen to Your Body: You can expect occasional minor soreness after exercising. It's a positive sign you are using your muscles!

Warm Up & Cool Down: A warm up gradually prepares your muscles and joints for exercise. When you finish your workout your body needs a chance to cool down slowly. Keep moving at a slower pace-do not stop abruptly, your heart needs to return gradually to its resting rate.

CLASSES

CARDIO CIRCUIT

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 ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Monday: 10:15am - 11am

MSROM (Muscular Strength & Range of Movement)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

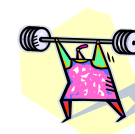
Tuesday & Thursday: 10:45a - 11:30am

Saturday: 11:00am - 11:45am

YOGA STRETCH

This will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Monday: 11am - 11:45am



**Don't Forget
Your Water
Bottle!**

