



WANT TO BE STRONGER & HAVE BETTER BALANCE?

Attend a Virtual Exercise Program for help!

SilverSneakers Stability is a home workout using Zoom designed to help you become stronger and improve balance.

- The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time.
- This class is designed for fall prevention and is suitable for nearly every fitness level.
- It can be adapted depending on the skill of individual participants.
- A chair may be used for balance and support



SILVER SNEAKERS "STABILITY" EXERCISE CLASS

Class is offered once a week. Once registered, you may attend on a drop-in basis whenever it is convenient for you.

Mondays

10:00-11:00 am

TO REGISTER contact Abbie Mars at marsa@valleyaaa.org

Silver Sneakers members are free of charge; others will be asked to pay \$3.00 per session