

### **Silversneakers Stability – NEW**

Stability is the newest class 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. No class on Nov 25<sup>th</sup>.

**Instructor:** Amanda Hart

**Fee:** \$60LM/\$80 NM

Class#	Dates	Days	Time	Type
534345B1	Nov 1- Dec 13	M	11:45am-12:45pm	Virtual
534345D1	Oct 28- Dec 16	Th	1-2pm	Virtual

### **Silversneakers Yoga**

Silversneakers Yoga 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required.

These classes will be held virtually only. No class on November 26

**Instructor:** Amanda Hart (Wed)/Barbara Meyer (Fri)

**Location:** Virtual/Levy Center

**Age Level:** 55 yrs and up

**Fee:** \$60LM/\$80NM

Class#	Dates	Day	Time	Type
534343C1	Nov 3- Dec 15	W	9:30-10:30am	Virtual
534343D1	Oct 29- Dec 17	F	11:45am-12:45pm	Virtual

### **SilverSneakers Classic**

SilverSneakers® Classic You'll have fun and move to music in 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; a chair is used for seated and/or standing support. No Class November 26.

**Instructor:** Amanda Hart

**Location:** Virtual

**Fee:** 10 sessions: \$60/ \$80NM

Class#	Dates	Days	Time	Type
534307B1	Oct 29- Dec 17	F	1-2pm	Virtual