





# Silver Sneakers

**Grove City YMCA – 614-871-9622**  
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**SilverSneakers® 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.

**SilverSneakers® 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.

**SilverSneakers® YogaStretch \***— YogaStretch 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

2/9/2010

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

Our Mission: To serve the whole community through programs expressing  
Judeo-Christian principles that build a healthy spirit, mind and body.