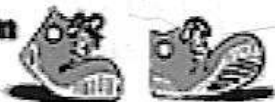


# SilverSneakers: off and running!

Fitness Program



## Get Fit... Have Fun... Make Friends!

SilverSneakers is off and running here at Fitness Stylz! People are flocking to the program, which offers a fun, safe workout geared towards improving strength, flexibility and range of movement. Members especially love the Oldies music format, filled with toe-tapping, classic hits like *The Shoop Shoop Song*, *It Had to be You* and *Hello, Dolly!*

SilverSneakers takes place in the studio every Monday and Wednesday morning at 10:00 am. Participants are encouraged to stay as late as they wish after class gets out for free coffee and a chance to chat with friends.

Here are some pictures from SilverSneakers' very first month, including the program Launch on Monday, January 8. We hope to see you in class soon!

*For more information on the benefits of the SilverSneakers program, please see program coordinator Jasmine Castonguay. (jasmine@FitnessStylz.com)*



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