

# Group Fitness Guru

## WEEKLY ROUTINE



This fitness plan is meant to help you explore a range of SilverSneakers classes while getting the most out of each one. Once you find the types of classes you love, try coming back 3 times a week.

Choose between these classes for three workouts per week and include some time to rest in between.

## PERFECT CLASSES FOR YOU

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### **SILVERSNEAKERS CLASSIC**

Move to the music with a variety of exercises designed to build muscle and improve mobility for daily living.



### **SILVERSNEAKERS SPLASH**

Dive into a different kind of workout with shallow-water resistance training that's suitable for both swimmers and non-swimmers.



### **SILVERSNEAKERS CIRCUIT**

Build upper-body strength with hand-held weights and low-impact choreography that can be modified for any fitness level.

## GET THE MOST OUT OF CLASS

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### **SAY HELLO**

Introduce yourself to your SilverSneakers instructors and tell them about any challenges or questions you have before class.

### **BECOME A REGULAR**

Once you find the classes you love, make a point to come to at least 3 classes a week to really master each routine.

### **STAY CONNECTED**

Follow SilverSneakers on Facebook to get important updates and to keep in touch with people you meet in class.

### **TAKE IT OUTSIDE**

Try a FLEX class in your community to experience everything from hiking to Tai Chi in the open air.

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**Remember: Get advice from the staff at your local fitness center. If you are new to the gym, validate your exercises with your doctor, especially if you're managing a condition or injury, start slowly and carefully with lighter weights to avoid injury, then build up!**

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