

APPROVED SILVERSNEAKERS CLASS DESCRIPTIONS

Below are descriptions of SilverSneakers® and SilverSneakers BOOM™ classes as they should be listed in your class schedule. Please copy and paste the descriptions for the classes you offer exactly as they appear here.



SilverSneakers® Classic. Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.



SilverSneakers® Circuit. Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.



SilverSneakers® Yoga. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.



SilverSneakers® Splash. In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.



SilverSneakers® Stability. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.



SilverSneakers BOOM™ MIND. The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.



SilverSneakers BOOM™ MUSCLE. This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



SilverSneakers BOOM™ MOVE. This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

