

SilverSneakers® FITNESS



New Programs at Avon Senior Center

Silver Sneakers- Chair Aerobics & Water Aerobics!!

Silver Sneakers Chair Aerobics: Community Room at Senior Center starting July 15th
Mondays & Thursdays 3-4 p.m. (wood floor), Thursdays 10:30-11:30 a.m. (fireplace)

Silver Sneakers Water Aerobics: Sycamore Pool (behind the Senior Center)
Fridays from 8:30-9:30 a.m. starting July 12th



Silver Sneakers Chair Aerobics is a chair work out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! All you need to bring is two free weights to class, everything else is supplied.

Come get a great workout in the afternoon before dinner!

Silver Sneakers Water Aerobics is a fun, shallow-water exercise class to increase movement. Suitable for all skill levels. The pool provides many benefits when used for aerobic exercise and resistance training. Please wear appropriate bathing suit attire.

Have fun and socialize with others!

If you're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door.

Please contact Avon Senior Center at 860-675-4355 and complete a Registration Form. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

