



Silver Sneakers/Senior



Schedules available, peakmissoula.com

Hours of Operation: Monday - Friday 5 am-10 pm / Saturday & Sunday 7 am-8 pm

HEALTH & WELLNESS Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / The SPA 251-8200 / peakmissoula.com

MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Senior Fitness 10 am Sandy	Downtown Bamboo Bodies Seniors 9 am Angi Muscle Strength 10:30 am Sandy	Downtown Senior Fitness 8 am Marlon Senior Cycle 10:30 am Heidi Muscle Stretch 11 am Heidi	Downtown Bamboo Bodies Seniors 9 am Angi Muscle Strength 10:30 am Heidi	Chair Yoga 11 am Isabelle	Downtown Bamboo Bodies Seniors 11 am Angi	

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Classes are located at Blue Mountain unless indicated.

Muscle Strength: This program is a combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities are welcome.

Senior Fitness: A standing class which includes circuits and balance exercises. All levels and abilities are welcome.

Chair Yoga: This class is for participants looking to improve range of motion, flexibility and respiration.

Cycling: 30 minutes of cardio cycling at a low-moderate intensity. Please bring a water bottle.

Bamboo Bodies Seniors: Focus on movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.

Blue Cross/Blue Shield, Sterling, Cigna or Humana and other insurances may save you money on your club membership. Contact our Membership Team if your insurance supports Silver Sneakers or Silver & Fit Programs, 251-3344.