



# Silver Sneakers/Senior



Schedules available, [peakmissoula.com](http://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](http://peakmissoula.com)

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