



Silver Sneakers Class Descriptions

Ragsdale Family YMCA

GF: Level 1: Gentle Fitness: Tuesdays 11:35am-12:15pm

This level 1 gentle fitness focuses on cardiovascular endurance, balance, coordination and muscular strength and conditioning at a slower tempo. Exercises done both in chair and on your feet!

GF: Gentle Fitness: Mon, Wed, Fri in Aerobic Rm.

Formatted to improve your function of daily activities by building stamina, balance, coordination & strength.

ROM: Range of Motions: Tues, Thurs in Teen Rm.

It is designed to increase strength, range of movement, agility, balance, & coordination and to improve participants functional capacities, physical fitness level, and sense of well-being.