

# SILVER SNEAKER CLASS DESCRIPTIONS

**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, Fri in Community 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.



*YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.*  
Visit our Website; [www.ragsdaleymca.org](http://www.ragsdaleymca.org) or Phone: 336-882-9622