

SilverSneakers Live Event Schedule
JANUARY 11th through JANUARY 24th

GREEN
 SilverSneakers.com LIVE Members-only Classes & Presentations
 Available through member portal post-log in

BLUE
 Facebook Live Classes
 Available on SilverSneakers page to anyone with a Facebook account



SCHEDULE ADD: Stress Management Strategies - Monday and Wednesday @3:30pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	January 11	January 12	January 13	January 14	January 15	January 16	January 17
8:30 am EST	Zumba Gold Beginner to Intermediate	Cardio Mix Intermediate	Zumba Gold Beginner to Intermediate	Cardio Mix Intermediate	Zumba Gold Beginner to Intermediate		
9:30 am EST	SilverSneakers Classic Light Beginner	Cardio Dance with FITSteps Intermediate to Advanced	SilverSneakers Classic Light Beginner	Cardio Dance with FITSteps Intermediate to Advanced	SilverSneakers Classic Light Beginner	Yoga Flow Advanced	
10:30 am EST	SilverSneakers EnerChi Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers EnerChi Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner
11:00 am EST	Live Q & A with Sharlyn FACEBOOK LIVE		Skills & Drills FACEBOOK LIVE		Total Body Conditioning FACEBOOK LIVE		
11:30 am EST	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner	SilverSneakers Yoga Beginner	SilverSneakers Yoga Beginner	SilverSneakers BOOM Mind Intermediate
12:30 pm EST	SilverSneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	SilverSneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate	Group Personal Training Intermediate to Advanced	Cardio Mix Intermediate
1:30 pm EST	SilverSneakers BOOM Mind Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers BOOM Mind Intermediate	SilverSneakers Circuit Light Intermediate			
2:30 pm EST	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate			
3:30 pm EST	Stress Management Strategies Beginner	Fall Prevention Exercises Beginner	Stress Management Strategies Beginner	Fall Prevention Exercises Beginner			
4:30 pm EST	Cardio Mix in English & Spanish Intermediate	Bodyweight Boot Camp Intermediate to Advanced	Cardio Mix in English & Spanish Intermediate	Bodyweight Boot Camp Intermediate to Advanced			
5:30 pm EST	Group Personal Training Intermediate to Advanced	Zumba Gold Beginner to Intermediate	Group Personal Training Intermediate to Advanced	Zumba Gold Beginner to Intermediate			
	January 18	January 19	January 20	January 21	January 22	January 23	January 24
8:30 am EST	Zumba Gold Beginner to Intermediate	Cardio Mix Intermediate	Zumba Gold Beginner to Intermediate	Cardio Mix Intermediate	Zumba Gold Beginner to Intermediate		
9:30 am EST	SilverSneakers Classic Light Beginner	Cardio Dance with FITSteps Intermediate to Advanced	SilverSneakers Classic Light Beginner	Cardio Dance with FITSteps Intermediate to Advanced	SilverSneakers Classic Light Beginner	Yoga Flow Advanced	
10:30 am EST	SilverSneakers EnerChi Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers EnerChi Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner
11:00 am EST	Live Q & A with Julie FACEBOOK LIVE		Skills & Drills FACEBOOK LIVE		Skills & Drills FACEBOOK LIVE		
11:30 am EST	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner	SilverSneakers Yoga Beginner	SilverSneakers Yoga Beginner	SilverSneakers BOOM Mind Intermediate
12:30 pm EST	SilverSneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	SilverSneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate	Group Personal Training Intermediate to Advanced	Cardio Mix Intermediate
1:30 pm EST	SilverSneakers BOOM Mind Intermediate	SilverSneakers Circuit Light Intermediate	SilverSneakers BOOM Mind Intermediate	SilverSneakers Circuit Light Intermediate			
2:30 pm EST	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate			
3:30 pm EST	Stress Management Strategies Beginner	Fall Prevention Exercises Beginner	Stress Management Strategies Beginner	Fall Prevention Exercises Beginner			
4:30 pm EST	Cardio Mix in English & Spanish Intermediate	Bodyweight Boot Camp Intermediate to Advanced	Cardio Mix in English & Spanish Intermediate	Bodyweight Boot Camp Intermediate to Advanced			
5:30 pm EST	Group Personal Training Intermediate to Advanced	Zumba Gold Beginner to Intermediate	Group Personal Training Intermediate to Advanced	Zumba Gold Beginner to Intermediate			