

SilverSneakers LIVE Event Schedule
October 5th through OCTOBER 18th

GREEN
SilverSneakers.com LIVE Members-only Classes & Workshops
Available through member portal post-login

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

NEW! Members can now view the SilverSneakers LIVE class schedule, RSVP for classes and attend them in our SilverSneakers GO app!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	October 5	October 6	October 7	October 8	October 9	October 10	October 11
8:30 am EST		Cardio Mix Intermediate		Cardio Mix 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		
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
11:30 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 to Advanced
12:30 pm EST	Silver Sneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Silver Sneakers Stability Beginner to Intermediate Total Body Conditioning FACEBOOK LIVE	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate Yoga Flow FACEBOOK LIVE	Group Personal Training Intermediate to Advanced	
3:30 pm EST		Fall Prevention Exercises 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	SilverSneakers BOOM Mind Intermediate to Advanced	Group Personal Training Intermediate to Advanced	SilverSneakers BOOM Mind Intermediate to Advanced			
6:30 pm EST	SilverSneakers BOOM Muscle Intermediate to Advanced		SilverSneakers BOOM Muscle Intermediate to Advanced				
	October 12	October 13	October 14	October 15	October 16	October 17	October 18
8:30 am EST		Cardio Mix Intermediate		Cardio Mix 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		
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
11:30 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 to Advanced
12:30 pm EST	Silver Sneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Silver Sneakers Stability Beginner to Intermediate Total Body Conditioning FACEBOOK LIVE	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate Skills & Drills FACEBOOK LIVE	Group Personal Training Intermediate to Advanced	
3:30 pm EST		Fall Prevention Exercises 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	SilverSneakers BOOM Mind Intermediate to Advanced	Group Personal Training Intermediate to Advanced	SilverSneakers BOOM Mind Intermediate to Advanced			
6:30 pm EST	SilverSneakers BOOM Muscle Intermediate to Advanced		SilverSneakers BOOM Muscle Intermediate to Advanced				