

SilverSneakers Live Event Schedule
NOVEMBER 9th through NOVEMBER 22nd

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

FACEBOOK LIVE CLASS TIMES VARY

	MONDAY	TUESDAY	WEDNESDAY		FRIDAY	SATURDAY	SUNDAY
	November 9	November 10	November 11	November 12	November 13	November 14	November 15
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
12:00 pm EST			Yoga Flow FACEBOOK LIVE		Skills & Drills FACEBOOK LIVE		
12:30 pm EST	Silver Sneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Silver Sneakers Stability Beginner to Intermediate	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate	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				
	November 16	November 17	November 18	November 19	November 20	November 21	November 22
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		
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