

SilverSneakers Live Event Schedule
April 19th through April 25th

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EASTERN	April 19	April 20	April 21	April 22	April 23	April 24	April 25
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		
10:00 am EST	Cardio Mix Intermediate	Total Body Strength Intermediate to Advanced	Cardio Mix Intermediate	Total Body Strength Intermediate to Advanced	Cardio Mix Intermediate	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		
11:00 am EST	Total Body Strength Intermediate to Advanced	Yoga Flow Advanced	Total Body Strength Intermediate to Advanced	Yoga Flow Advanced	Skills & Drills FACEBOOK LIVE	SilverSneakers Circuit Light Intermediate	SilverSneakers Classic Light Beginner
			Yoga Flow 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		

Eastern	April 19	April 20	April 21	April 22	April 23	April 24	April 25
12:00 pm EST	SilverSneakers Stability Beginner to Intermediate		SilverSneakers Stability Beginner to Intermediate			SilverSneakers Yoga Beginner	SilverSneakers BOOM Mind Intermediate
12:30 pm EST	SilverSneakers Yoga Beginner	SilverSneakers Yoga Beginner	SilverSneakers Yoga Beginner	SilverSneakers Yoga Beginner	Cardio Mix in English & Spanish Intermediate		
1:00 pm EST	SilverSneakers BOOM Mind Intermediate		SilverSneakers BOOM Mind Intermediate			Total Body Strength Intermediate to Advanced	Cardio Mix Intermediate
1:30 pm EST	Zumba Gold Beginner to Intermediate	SilverSneakers Circuit Light Intermediate	Zumba Gold Beginner to Intermediate	SilverSneakers Circuit Light Intermediate			
2:00 pm EST	SilverSneakers Classic Light Beginner		SilverSneakers Classic Light Beginner		SilverSneakers Classic Light Beginner		
2:30 pm EST	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate	Bodyweight Boot Camp Intermediate to Advanced	SilverSneakers EnerChi Intermediate			
3:00 pm ET	SilverSneakers Circuit Light Intermediate		SilverSneakers Circuit Light Intermediate		SilverSneakers Circuit Light Intermediate		
3:30 pm EST	Brain Health 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	Total Body Strength Intermediate to Advanced	Zumba Gold Beginner to Intermediate	Total Body Strength Intermediate to Advanced	Zumba Gold Beginner to Intermediate			
6:30 pm EST	SilverSneakers Yoga Beginner		SilverSneakers Yoga Beginner				

