

SilverSneakers Virtual Schedule JULY 27th through AUGUST 7th

GREEN

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

Workshops in gray

BLUE

Facebook LIVE Classes

Available on SilverSneakers page to anyone with a Facebook account

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	July 27	July 28	July 29	July 30	July 31
9:30 am EST		Silver Sneakers Stability Beginner to Intermediate		Cardio Dance with FitSteps Intermediate to Advanced	
10:30 am EST	SilverSneakers EnerChi Intermediate				SilverSneakers Circuit Light Intermediate
11:30 am EST	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	SilverSneakers Circuit Light Intermediate	Strength & Balance Beginner	Cardio Mix in English & Spanish Intermediate
12:30 pm EST		SilverSneakers BOOM Mind Intermediate to Advanced	Total Body Conditioning FACEBOOK LIVE	SilverSneakers Yoga Beginner	Skills & Drills for Fall Prevention FACEBOOK LIVE
3:00 pm EST		Stress Education for Uncertain Times EDUCATIONAL WORKSHOP	Bodyweight Boot Camp Intermediate		
	August 3	August 4	August 5	August 6	August 7
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