

# SilverSneakers®



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 New Year Holiday <b>CLOSED</b>	3	4 9:15 AM SilverSneakers MSROM	5	6 9:15 AM SilverSneakers MSROM	7
8	9 9:15 AM SilverSneakers MSROM	10	11 9:15 AM SilverSneakers MSROM	12	13 9:15 AM SilverSneakers MSROM	14
15	16 9:15 AM SilverSneakers MSROM	17	18 9:15 AM SilverSneakers MSROM	19	20 9:15 AM SilverSneakers MSROM	21
22	23 9:15 AM SilverSneakers MSROM	24	25 9:15 AM SilverSneakers MSROM	26	27 9:15 AM SilverSneakers MSROM	28
29	30 9:15 AM SilverSneakers MSROM	31				
<h1>January</h1>				McMinnville Parks and Recreation 500 Garfield Street McMinnville, TN 37110 PHONE: 931-473-1212 FAX: 931-473-1214 WEBSITE: <a href="http://www.mcminnvilletenn.com">www.mcminnvilletenn.com</a>		

# January 2012

Dates to Remember

January 11th– Bloodmobile 1-6 pm



## SilverSneakers® Muscular Strength Range of Movement Class

**Participants have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement.**

**The SilverSneakers program is encourages participants to become more active and helps enhance activity for every day living.**

**This class uses certain tools such as hand-held weights, elastic tubing, and a ball which is alternated with non-impact aerobic choreography.**

**A chair is offered for support, stretching, and relaxation exercises.**

Instructors:

Justin Scott, Melanie Brock, and Kristie Sanders

