



Town of Surfside Parks and Recreation Department

Cardio and Strength

Join SilverSneakers® and the Parks and Recreation Department as we collaborate to bring in a new innovating form of exercise for active adults 50+. The SilverSneakers FLEX program is a great way to meet friends and get in shape. This fitness class combines a variety of exercises to help increase cardio endurance while strengthening muscles. The class will begin with a warm-up and offer modifications for every level and end with a cool down.



Program will take place at the Surfside Community Center

9301 Collins Ave Surfside, FL 33154

Fees:

SilverSneakers Member: Free

Non Members: \$5.00 per class

***Paid directly to instructor in cash or check.**

Tuesday & Friday

January 9 –March 2

9:00 - 10:00am

Come to class Prepared!

- Wear comfortable athletic shoes
- Wear loose fitting clothes
- Bring a Towel
- Don't forget your water bottle

SilverSneakers members receive their membership through their healthcare plan . The participants that are interested in becoming SilverSneakers members will need to call the member eligibility line at 1 (888) 423-4632 for more information.



For more information please call (305) 866-3635

or visit us at www.townofsurfsidefl.gov

