



***Every“body”
Welcome!***

Non-SilverSneakers
only pay \$1 per class

SilverSneakers® Chair Yoga Monday & Wednesday 8:45am

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair. Chair Yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. Class held on the first floor. Wheelchair accessible.

SilverSneakers® Classic Tuesday & Thursday 9:15am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Splash – Tues, Thurs, Sun 10:30am; Wed 7:30pm

Take your workout to the water! Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and the SilverSneakers kickboard and other tools are used to develop strength, balance and coordination.

SilverSneakers® Yoga Monday, Wednesday, Friday 9:30am

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

John Coyne Recreation Center
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