



# Silver Sneakers

## Available Now!

### WHY SILVERSNEAKERS?

- It's a GREAT workout for senior citizens.
- It's FREE for senior citizens to attend!

#### CLASSES HELD:

MONDAYS 9:30 AM

WEDNESDAYS 8:00 AM

✓ Professional  
Trainer

✓ Muscle  
Building

✓ FREE for  
Senior  
Citizens

### NOT A SILVERSNEAKERS MEMBER?

No worries! SeniorFit workout classes are  
\$5/drop in!



Contact Us

[www.extremepumpitupfitness.com](http://www.extremepumpitupfitness.com)

216-410-7637

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