

KEEP MOVING STAY CONNECTED



SILVERSNEAKERS CLASSIC

The North Canton YMCA, in partnership with Plain Township, brings you a new exercise class for the senior members of our community. **SilverSneakers Classic** is a 45-minute class that incorporates light strength training and balance exercises, while increasing your overall mobility.

You do not have to have SilverSneakers as part of your health insurance in order to participate.

The class will be held at Plain Township Hall on Wednesdays from 10:00-10:45am

3 Sessions: Jan. 9 –Feb 13
Feb 20- Apr 3 (No class March 27)
April 10-May 15

There is no fee for the class, but you must register.

Before registering, please be sure you can attend all (or most) of the classes.

**** In case of inclement weather, call the Hall @ 330-492-4689 to verify there is class.**



Questions? Contact Anne Covert

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