



Classes now being held  
at the  
**Alex Eligh Community Center**  
303 East Ave  
Newark, NY 14513  
315-331-2532

**9:30 A.M.**  
**Monday, Wednesday, Friday**

**SilverSneakers® Circuit**

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and relaxation exercises.

**10:45 A.M.**  
**Monday, Wednesday, Friday**

**SilverSneakers® Classic**

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

For further information contact instructor  
**Grace Norcott**  
**315-879-9307**

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