

### **Silver&Fit Exercise Classes:**

These Silver&Fit Signature Series are designed specifically for older adults and focus on cardio, strength training, and flexibility. Classes consist of a warm-up to prepare the body for exercise, cardio and strength training exercises, and a final cool-down of stretching and relaxation. Set to tailored and up beat music, this class provides a social, fun, and non-intimidating atmosphere!

### **Schedule of Classes:**

#### **MONDAY & WEDNESDAY**

10:15 am - 11:00 am

### **How do I sign up for Silver&Fit Classes?**

You can take advantage of our classes immediately after registering in the main office. **Just make sure you swipe your MSC card** at the front desk "each" time you attend an activity at the center. Each time you scan your MSC card the center receives \$3.25. We received over \$10,000 in 2016. These funds help offset our yearly operational budget, including the addition our evening hours... which include the Fitness Room and Exercise Classes.

### **Monroeville Senior Citizens Center**

6000 Gateway Campus Blvd.  
Phone: 412.856.7825

[www.monroeville.pa.us](http://www.monroeville.pa.us)



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**Save Money & Get Fit with  
our Silver&Fit Exercise and  
Healthy Aging Program!**