

In addition to the enhanced at-home options for fitness center members who can't access their gyms, Silver & Fit has launched a 'Fit at Home' program which includes a daily Facebook Live exercise series. Because this is made available through Facebook, any of your members may access and invite their friends, family, etc.

**Silver & Fit at Home Facebook Live Class Schedule:
Monday – Friday, 10 AM – 10:30 AM Pacific Time**

- **Monday, 3/30: Low Impact Cardio**—*Increase your heart health with low impact moves that can be done in your living room. Getting moving can help increase your energy, focus, and overall happiness levels.*
- **Tuesday, 3/31: Easy Going Yoga**—*Help balance your body, mind, and spirit by flowing through gentle poses and breathing deep. Yoga helps to increase your sense of well-being and peace.*
- **Wednesday, 4/1: Body Weight Exercises**—*There are so many exercises you can do with just your body weight. These exercises will help your whole-body increase endurance and strength.*
- **Thursday, 4/2: Balance & Flexibility**—*Awesome combination! Balance exercises can help boost your strength, stability, and body awareness. Plus, they help reduce your risk of falling. Flexibility exercises can help improve posture and reduce stiffness.*
- **Friday, 4/3: Friday Mixer**—*Friday is for having fun! Enjoy a mix of your favorite exercises from the week. Make sure you comment on what you like, so you can see your favorite exercise featured.*

Facebook: www.facebook.com/silverandfit

There is also a notification/blurb on the Silver & Fit website to notify members:

Calling all Silver&Fit members! We know you miss your gym workouts, so we're bringing them to you on Facebook Live through the Silver&Fit Facebook page. Join us for classes every day at 10 AM PST.



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