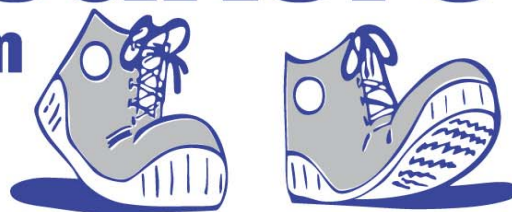


The Silver Sneakers®

Fitness Program



Schedule

F= Fitchburg
L= Leominster

Monday	7:45am—8:45am Silver Stretch (L)	10:30am—11:30am Muscular Strength and Conditioning (L)
Tuesday		12:00pm—1:00pm Muscular Strength and Conditioning (F)
Wednesday	7:45am—8:45am Muscular Strength and Conditioning (L)	10:30am—11:30am Muscular Strength & Conditioning (L)
Thursday		12:00pm—1:00pm Muscular Strength and Conditioning (F)
Friday	7:45am—8:45am Silver Stretch (L)	10:30am—11:30am Muscular Strength and Conditioning (L)

