



What is Silver Sneakers Orientation?

- Orientation includes a 20-30 minute overview of 5 weight bearing machines and 2 cardio machines
- You will receive an overview of Silver Sneakers approved exercises to do on your own
- Orientations are held Monday, Tuesday and Thursday between 10 & 2. Please stop by or call the front desk at least 24 hours in advance to schedule.
- Please keep in mind that if you do not feel comfortable with any part of the orientation we will be happy to eliminate that part of your evaluation.
- Please be sure to wear comfortable clothes and sneakers to your orientation
- Orientation should be done prior to a health assessment with a personal trainer