

SilverSneakers® Schedule

SilverSneakers®
by Tivity Health



SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Greeley Recreation Center & Family FunPlex
Tue/Thu • 11-11:45am

Greeley Senior Activity Center
Mon/Wed/Fri • 10-10:45am



SilverSneakers® Splash®

Splash® offers fun, with shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Family FunPlex

Mon/Wed/Fri • 8-8:50am
Greeley Recreation Center
Tue/Thu • 7-7:45am



SilverSneakers® Yoga

Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Family FunPlex

Mon/Wed • 8:30-9:15am

Greeley Rec Center

Mon/Wed • 10:45-11:30am

SilverSneakers® YogaStretch

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform as variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Greeley Senior Activity Center
Tue/Thu • 10-10:45am

Greeley Rec Center
Thu • 10-10:45am

SilverSneakers® Stability

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

Family FunPlex

Mon/Wed/Fri • 7-7:45am

Greeley Recreation Center

Tue/Thu • 9-9:45am

SilverSneakers® Circuit

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

Family FunPlex

Mon/Wed • 12-12:45pm

Family FunPlex &

Greeley Recreation Center

Tue/Thu • 10-10:45am

SilverSneakers® CardioFit

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength, plus cardio endurance. This is a higher intensity class than Classic and Circuit.

Greeley Recreation Center

Mon/Wed • 9:45-10:30am

Family FunPlex

Fri • 9:35-10:20am

SilverSneakers® Boom Move It

Move through the decades in this dance-based workout. Learn moves from '60s Twist to '90s, all while improving cardio endurance.

Family FunPlex

Tue/Thu • 9:20-9:50am



Visit one of these locations for SilverSneakers® classes

Greeley Rec Center Family FunPlex Greeley Senior Activity Center
651 10th Ave • 970-350-9400 1501 65th Ave • 970-350-9401 1501 65th Ave • 970-350-9401