



# SilverSneakers Classic

Improve strength, flexibility,  
posture and balance.

Exercise at your own pace  
with resistance tools  
including bands, balls  
and weights.

Questions? Ask at the front desk.

**Location:**

Franklin Recreation Complex  
1120 Hillsboro Road  
Franklin, TN 37064  
(615) 790-5719

**Days:**

Mondays, Wednesdays, Fridays

**Time:**

1:00pm-1:45pm

Non-SilverSneakers® members can take this class  
for a walk-in fee of \$3.00 per class. However, priority  
is given to SilverSneakers® members.

**Instructor:**

Nancy Rieves

Get fit **your way!**™

[silversneakers.com](http://silversneakers.com)

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HEALTHWAYS

**SilverSneakers**®  
FITNESS

