



FLEX CLASSES NOW AVAILABLE HERE

The SilverSneakers® FLEX™ program offers a variety of group fitness classes at convenient indoor and outdoor venues – including this location!

Experience the benefits of FLEX fitness classes:

- Enjoy workouts directly in your community
- Reduce your risk of diabetes and heart disease
- Make new friends who share your interest in a healthy life

Your instructor: Ellen Chiappetta

Class: Strength (Indoors)

Class description: Improve muscular strength and endurance

Day/Time: Tuesday/12:30 pm

Please bring your own weights & a bottle of water (filled water bottles can substitute for weights)

FLEX classes offered by:
Bellport Community Center

Questions? Call the instructor listed above
or visit silversneakers.com/flex



SilverSneakers® is a registered trademark and
FLEX™ is a trademark of Healthways, Inc. © 2014 Healthways, Inc.

FLEXNAT_72 10.14