



SilverSneakers Everyday Movement Class Template

1. Warm Up (10 min)

Lower Body	☐ ☐ ☐
Upper Body	☐ ☐ ☐
Core	☐ ☐ ☐

2. Work (10 min)

Lower Body	☐ ☐ ☐
Upper Body	☐ ☐ ☐
Core	☐ ☐ ☐

3. Cognitive Drill (3 min)

Cognitive Drill	☐
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4. Final Stretch (4 min)

Lower Body	☐ ☐ ☐
Upper Body	☐ ☐ ☐

5. Relaxation (3 min)

Relaxation	☐
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Class Description: The SilverSneakers® Everyday Movement class provides gentle, chair-supported exercises to enhance mobility and increase range of motion in all major joints.

Class Goals: Enhance mobility and range of motion, improve activities of daily living and support cognitive health.

Class length: 30 minutes

Equipment requirement: chair, wheelchair or Rollator.

Music: Use music with a beat per minute (BPM) of 120-124 or slower.

SilverSneakers Minimum of Three Guideline: Cue a minimum of three times for breathing, posture, hydration and perceived exertion.

Key

R=right L=left B=back F=forward Alt=alternating