

1. Warm Up (10 min)

Lower Body	☐ Alt heel lift R/L ☐ March ☐ Alt knee lifts / flexion and extension ☐ Hip opener
Upper Body	☐ Front raise ☐ Lateral raise ☐ Chest press ☐ Chest stretch
Core	☐ Modified cat/cow ☐ Gentle twist R/L

2. Work (10 min)

Lower Body	☐ Alt knee lifts ☐ Knee lift pulse ☐ Sit to stand
Upper Body	☐ Seated row ☐ Hammer curl ☐ Overhead press
Core	☐ Weight shift R/L ☐ Upper body circles ☐ Rotation / twist

3. Cognitive Drill (3 min)

Cognitive Drill	☐ Roll/roll/roll/snap fingers ☐ Head/shoulders/hips/clap
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4. Final Stretch (4 min)

Lower Body	☐ Ankle flexion/extension ☐ Hip opener ☐ Hamstring stretch
Upper Body	☐ Arms reach forward / back ☐ Chest stretch ☐ Neck stretch ☐ Hug - upper back stretch ☐ Chin to chest ☐ Wrist circles ☐ Hands open / close ☐ Hug - upper back stretch

5. Relaxation (3 min)

Relaxation	☐ Focused breathing and relaxation technique
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Class Description: The SilverSneakers® <> 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