

SILVERSNEAKERS SPLASH



SilverSneakers® Splash is designed to increase strength and cardiovascular endurance. A signature Splash kickboard provides both resistance and flotation assistance. This class is suitable for all levels and is safe for non-swimmers.

CLASS DETAILS

Duration	45-60 minutes
Level	All skill levels
Equipment	Splash kickboard or other aquatic equipment
Music	Varies by instructor
Benefits	Increase cardiovascular, strength and endurance

Join us
this week!