



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVER YOUNG

SilverSneakers Program **CLIPPARD FAMILY YMCA /COLERAIN SENIOR CENTER**

Today, older adults are more health conscious than ever before. The YMCA and the Colerain Senior Center offer seniors the opportunity to maintain a healthy lifestyle, healthy relationships and a positive outlook on life. That is why, the YMCA offers water and group exercise classes, yoga, a variety of educational series, wellness seminars, health screenings, book club, quilting club, social events, volunteer opportunities and much more.

Program Information:

- SilverSneakers Classic held at the Clippard Family Y
8920 Cheviot Road, Cincinnati, Ohio 45251 —
Tuesday, Thursday and Friday from 11:30-12:30
- SilverSneakers Circuit held at the Clippard Family Y
8920 Cheviot Road, Cincinnati, Ohio 45251 —
**Tuesday and Thursday from 10:30-11:30 and
Wednesday from 11:30-12:30**
- SilverSneakers Yoga held at the Clippard Family Y
8920 Cheviot Road, Cincinnati, Ohio 45251—
1st, 2nd and 4th Wednesday from 12:30-1:30
- SilverSneakers Classic held at the Colerain Senior
Center, 4300 Springdale Road, Colerain, OH 45251 —
Monday & Friday 9:30 –10:30

Contact Information:

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