

Rehabilitation Center
Marquette General Hospital
580 W. College Avenue
Marquette, MI 49855

906.225.3186
800.562.9753 ext. 3186

YMCA of Marquette County
1420 Pine Street
Marquette, MI 49855

906.227.9622

Silver Class Senior Rates

- Member \$16 for 7 weeks
- Non Member \$32 for 7 weeks
- Scholarships are available



www.mgh.org
www.ymcamqt.org



SAFE • INDIVIDUALIZED • LIGHT • VARIABLE • EXERCISE • REGIMEN



A partnership between the YMCA of Marquette County
and the Rehabilitation Center at Marquette General

Session One • 9/11 • 10/29
Registration deadline • 9/2

Session Two • 10/30 • 12/17
Registration deadline • 10/23



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Class Description

Silver is a physical fitness class for older adults designed to improve health, safety and overall wellness.

Who Should Attend?

Silver is ideal for older adults who:

- Are currently not exercising
- Have an existing medical condition(s) and/or disability
- Are concerned about exercising
- Are currently bored or disinterested with life
- Have a desire to improve safety, health and life enjoyment
- Are fearful of falling
- Feel the need to use an assistive device for walking
- Are able to stand and walk short distances

- Class size is limited to 18 participants

Classes and Times

Monday & Wednesday
11:30 am - 12:15 pm
YMCA of Marquette
Group Exercise Room

Instructors

Brad Jackson
Physical Therapist
Marquette General Hospital

Jenna Weber
Health & Fitness Director
YMCA of Marquette County

How to Sign Up

- Call the YMCA at 227-9622
- To ensure your enjoyment and safety, please have the following information ready:
 1. Name and address
 2. Phone number
 3. Emergency contact
- Upon registration, medical clearance will be obtained from your physician

