



*SilverSneakers membership not required to participate.*

### SilverSneakers Circuit:

Standing upper-body strength workout alternating with low-impact cardio using a chair for standing support. This instructor-led class is a good choice for an exerciser looking for a moderately intense workout. Must be able to exercise in a standing position for 30 minutes.

### SilverSneakers Classic:

Seated and standing exercises for increasing muscular strength and range of motion to improve activities of daily living. This instructor-led class is great for the beginning exerciser or individual with limitations.

### SilverSneakers Splash:

Instructor-led, shallow-water exercise for all skill levels to increase strength and cardiovascular endurance. Good choice for an exerciser who is interested in an aquatic format. Perfect for those who are uncomfortable on land. No swimming required.

### SilverSneakers Yoga:

Instructor-led program of yoga poses to increase flexibility, balance and range of motion. Great for all yoga exercisers.



## KIRBY Therapy and Wellness

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*When you're ready to take the first step in your journey to a healthier and happier you, we're here to help!*



KMC Move offers a variety of exercise programs at various levels. We are certain there is a right fit for you. Keep reading to see how you can take advantage of all of this for only \$50 a month.



## AquaFit

Aquatic class supervised by a medical professional. AquaFit is a great option for the exerciser who would like to engage in an unstructured exercise format and enjoys their own program development.

## KMC | 30

Instructor-led exercise class that makes fitness and health fun again. This class is designed for the exerciser who wants to work out in a supportive environment doing low-impact exercises and diverse activities focused on core strength.



Fitness classes with the use of exercise equipment that is supervised by a medical professional. Participants will need the ability to transfer on and off equipment. Excellent beginning exercise program that is less scripted and designed for those who appreciate engaging in building their own exercise routine.



## Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Instructor-led fitness class designed to help maintain and improve balance and mobility. The program can be performed while sitting or standing. A great program for the exerciser looking to improve overall balance and fitness.

