

# *Virtual Exercise Classes* *by certified instructor Louise Boyd!*

Now accepting online registration for the following April programs:

- SilverSneakers Classic
- SilverSneakers Yoga
- SilverSneakers BOOM
- Renew Active/Senior Aerobics
- 1 Hr Aerobics
- Let's Dance
- Sit and Be Fit



Once you've registered or are on our Renew Active / SilverSneakers class email list, Louise will send you YouTube links that you can watch and exercise along with at your leisure!

**RenewActive**<sup>™</sup>  
by UnitedHealthcare



**SilverSneakers**

*Are you Renew Active or SilverSneakers eligible but not a Lincoln Center member? Call us at 219-838-0114 to set up a membership over the phone.*