

# Silver Sneakers

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b> ● 9am SS Classic	<b>5</b> ● 10:15 am Line Dance	<b>6</b> ● 9am SS Classic	<b>7</b> ● 10:15am Line Dance	<b>8</b>
<b>11</b> ● 9am SS Classic	<b>12</b> ● 10:15 am Line Dance	<b>13</b> ● 9am SS Classic	<b>14</b> ● 10:15am Line Dance	<b>15</b>
<b>18</b> ● 9am SS Classic	<b>19</b> ● 10:15 am Line Dance	<b>20</b> ● 9am SS Classic	<b>21</b> ● 10:15am Line Dance	<b>22</b>
<b>25/31</b> ● 9am SS Classic	<b>26</b> ● 10:15 am Line Dance	<b>27</b> ● 9am SS Classic	<b>28</b> ● 10:15am Line Dance	<b>29</b>

**Preregistration is required for all Silver Sneakers classes.**

**Registration Process:**

- Registration will open on the 3rd Monday of the month prior (January 19 for the February session) at 9 am.
- Johns Creek residents will have 3 days priority registration. Non-residents may register during this time and after 3 days will be moved onto the roster, if space allows.
- Registration will be accepted either In-person at Park Place, by email or phone call. No voicemail messages or email requests prior to 9 am on Monday morning will be acknowledged.
- Participants without Silver Sneakers coverage may still participate and must pay \$5 per class, pre-paid for entire session at time of registration.

These classes will have a MAXIMUM of 16 participants and pre-registration is required.

**CLASS LOCATIONS:**

- **Park Place**
- **Amphitheater**

To learn more about this and other senior programming please visit [JohnsCreekGA.gov/recreationandparks/seniors](http://JohnsCreekGA.gov/recreationandparks/seniors).