



HERBY HAM ACTIVITY CENTER

FREE fitness classes offered here!

If you have a Medicare plan,
it may include SilverSneakers
—at no additional cost.

**\$60 -month for Non
SilverSneaker members**

\$10 a class



Learn More

Check Your SilverSneakers Eligibility

silversneakers.com/flex

Mayra-830-279-1822

Classic -45min.

**Focuses on strengthening
muscles and increasing range of
movement**

Monday 10 AM

Friday 11 AM

Stability-60min.

**Improve your balance and
strengthen reflexes**

Monday 11 AM

Wednesday 10 AM

BoomMove It -30 Min

**Improve your cardio endurance
and strength with Dance**

Wednesday 11 AM

Friday 10 AM