

# SilverSneakers Instructor Training Workshop

## Get It Here – Get It Now!

Mark your calendars and sign up for professional development courses in older adult fitness, group fitness training workshops and all of your SilverSneakers programming needs!

### Workshop Fee Schedule

- Fee is waived for the first two instructors from each Participating Location pre-registering for MSROM workshop only.
- \$30/workshop, if pre-registered and pre-paid.
- Discount for pre-registering for multiple fee based workshops at the same time.
- \$60/workshop if not pre-registered for workshop (walk-up registration).
- \$80/workshop if not a SilverSneakers Participating Location instructor.
- Registration fee(s) must be paid online with a credit card at the time of pre-registration to receive the discounted fee.
- Proof of payment is required so please bring your PayPal receipt with you. **NO REFUNDS.**

Online registration closes automatically **48 hours** prior to the start of the workshop. Registration for workshops must be completed before the 48 hour window in order to take advantage of the pre-registration pricing.

Register at  
[www.silversneakers.com](http://www.silversneakers.com)

**Friday, September 9, 2011**

**1 pm – 5 pm**

**MSROM with Jenny O’Callaghan**

Muscular Strength & Range of Movement (MSROM) is Healthways core group exercise class of the SilverSneakers Fitness Program. This four hour training will provide all the tools for instructors to begin teaching the SilverSneakers classes. MSROM is a total body conditioning class offering exercises for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living (ADLs). Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities needed for independent living. The workshop includes: class format objectives, seated and standing movement choreography, resistance tool choreography with hand-held weights, elastic tubing with handles and a SilverSneakers ball, and exercise recommendations for risk and disease management. (CECs: ACE .4, AFAA 2.75, AEA 2.0, ACSM 4)



# SilverSneakers Instructor Training Workshop

**Saturday, September 10, 2011**

**8 am - 12 pm**

## **MSROM - Part II with Jenny O'Callaghan**

Functional Strength & Balance Solutions is a workshop for instructors ready to add more compound choreography movements and transitions into their group classes. Instructors can network, practice and collectively design additional exercises with the SilverSneakers chair for support, stability and for use as an anchor with hand-held weights, elastic tubing with handles and the SilverSneakers ball. The workshop includes: an advanced Muscular Strength & Range of Movement master class, resistance tool recommendations for managing risk and choreography options using space, speed, and style technique improvements. (CECs: ACE .3, AFAA 2.0, AEA 1.5, ACSM 3)

**1 pm - 5 pm**

## **Essentials with Jenny O'Callaghan**

*Leading, teaching, managing and performing* blend together to create the style of an instructor. The Essentials Workshop is designed to develop the communication and organizational skills necessary to balance the diverse needs of aging adults exercising in a group setting. Instructors will learn and be evaluated on six baseline skills for teaching physical activity movement: verbal and non verbal communication skills, form, music identity, movement organization and progression technique. The activity based format includes a *re-focus* for learning "the basics" and developing each instructor's personal style of teaching the fundamental building blocks for "Fitness, Fun and Friends". The Essentials Workshop is for all instructors who desire additional practical physical education training and feedback from the Healthways Training Staff. (CECs: ACE .3, AFAA 2.25, AEA 3.0, ACSM 4)

## **Redlands Family YMCA**

500 E. Citrus Ave.

Redlands, CA 92373

(909) 798-9622

TO REGISTER  
FOR WORKSHOPS  
**CLICK  
HERE.**

