

Senior Fitness Classes

Yoga



YOGA

Tues & Thurs 3pm

FREE

Registered Instructor Marie Powers

Benefits of Yoga:

- *Flexibility
- *Relieves Back Pain
- *Lower Blood Pressure
- *Improved Digestion
- *Muscle Tone
- *Improved Sleep
- *Balance
- *Improved Posture

Zumba



YOU DON'T HAVE
TIME FOR: "AM I
GOOD ENOUGH?"
AND "WHAT WILL
THEY THINK?"



Monday & Wednesday at 2pm

Instructors Holly Johnson & Mary Evelyn Tucker

\$3 per class or \$25 punch card=10 visits

Zumba Gold is great for active older adults that are looking for all the moves you love at a lower intensity! Zumba Gold is geared for 55+ (and those with physical disabilities or limitations).

Instructor Holly Johnson

Chair Exercises

Mondays at 12:45pm

Free to participate!

Lead by Certified Instructor Marie Powers