

SENIOR CENTER EXERCISE PROGRAMS

Occasionally, exercise may be canceled due to other scheduled events. Please check the newsletter every month for a list of days that exercise may be canceled.

- **Flexibility Class**

Monday and Wednesday @ 10:00 AM located in Room 118

- A moderate exercise program working mostly from chairs. Focus of exercise is flexibility and range of motion. Cost for flexibility class is \$0.50 per class.

- **Light Aerobics & Strength Training**

Tuesday and Thursday starting @ 9:30 AM located in Room 118

- A light exercise program focusing on cardio and strength training. Some exercises are done from the chair, but not all. Cost for aerobics and strength training is \$0.50 per class.

- **Tai Chi**

Tuesday @ 12:30 PM located in Room 118

- Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class will be performed through video instruction and is FREE.

- **Jazzercise**

Tuesdays @ 1:00 PM located in Room 018 (through November 19)

- An upbeat and energetic class that infuses dance with exercise. This program is run by a certified trainer. The county covers the cost of the 1st and 3rd Tuesday and the 2nd, 4th, and 5th Tuesday (if applied) is \$3.00 per class.

- **Zumba for Seniors**

Thursdays @ 12:45 PM located in Dining Room

- Zumba designed for senior citizens. Seniors meet to stay fit while enjoying Latin dance moves. Cost of class is \$3.00. The cost covers the certified instructor's in house fee.

- **Chair Volleyball**

Please check the newsletter for dates and times

- Enjoy social interaction and friendly competition while also engaging in some fun physical activity.