

Movement Classes

FREE to members

Day	Time	Class	
MONDAY	9:00	SilverSneakers	
	10:30	Artistry in Motion	\$3/class, nonmembers
	1:30	Chair Volleyball	
TUESDAY	11:00	Tai Chi	
	2:30	Aerobic Line Dance	
	4:00	Silver Sneakers	
WEDNESDAY	9:00	SilverSneakers	Cardio
	1:30	Chair Volleyball	
	5:30	Gentle Yoga	\$3/class, nonmembers Bring a mat
THURSDAY	9:00	SilverSneakers	
	10:30	Artistry in Motion	\$3/class, nonmembers
	2:30	Line Dance	
FRIDAY	9:30	SilverSneakers	Beginner

Stretch. Exercise. Relax.

Renew. Refresh.



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