

MOVEMENT CLASSES

FREE to members

DAY	TIME	CLASS	
MONDAY	9:00	SilverSneakers	
	11:15	Chair Yoga	<i>\$3/class nonmembers</i>
	1:30	Chair Volleyball	
TUESDAY	11:00	Tai Chi	
	2:30	Aerobic Line Dance	
	4:00	SilverSneakers	
WEDNESDAY	9:00	SilverSneakers	<i>Cardio</i>
	1:30	Chair Volleyball	
	5:30	Gentle Yoga	<i>\$3/class nonmembers Bring a mat</i>
THURSDAY	9:00	SilverSneakers	
	2:30	Line Dance	
FRIDAY	9:30	SilverSneakers	<i>Beginner</i>

Stretch. Exercise. Relax.

Renew. Refresh.



3907 Central Ave, Middletown, OH 45044 / 513.423.1734