

OVER 60?

Healthy Aging classes designed for you

E-Fit

Get one hour of physical activity all while having fun! The E-Fit program is designed specifically for older adults and focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

Monday, Wednesday, Friday

9:00a – 10:00a

FIRST CLASS IS FREE!



Tai Chi

This 45 minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- Improve mental well-being

Tuesday, Thursday

11:15a – 12:00p

Wednesday

10:15a – 11:00a

FIRST CLASS IS FREE!

Circuit

This 45 minute class offers standing, low-impact choreographed movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

Tuesday, Thursday

9:00a – 9:45a

FIRST CLASS IS FREE!



Yoga

Need to stretch and tone? Come join our 45 minute class to strengthen muscles and increase flexibility! This yoga class is designed for older adults. Modifications are made so that everybody can safely practice this form of exercise.

- Restorative and energizing
- Improves mental clarity
- Relieves joint pain

Monday 10:15a – 11:00a

Tues / Thurs 10:00a – 10:45a

FIRST CLASS IS FREE!