



# Senior Fitness Classes

## *What is a "Senior Fitness Class?"*

Our Senior Fitness Classes are easy to follow low impact cardio classes for older adults that focus on improving strength and balance with emphasis on age-related issues. Chairs will be provided for seated work and for standing balance movements. In these classes, everyone is welcome and every works at their own level!

### **WHEN**

Tuesdays and  
Thursdays

### **TIME**

10:30am

### **INSTRUCTOR**

Trish Kelly



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