

# SENIOR FITNESS



**MONDAY**  
**9:30 AM -10:00 AM**

This 30-minute class will work on balance, strength, coordination & cardiovascular health. Enjoy the fun music and connect with others while improving your health.

*\*Note: The use of chairs will be limited.  
Please bring sneakers, water, tube, ball & light weights.*

*Punch cards available for 5 or 6 classes & expire at the end of each session.*

**6 CLASSES**  
**\$30**

**5 CLASSES**  
**\$25**

*Punch card must be present at each class for in person and zoom*

**CLASSES FOR NOVEMBER: 1<sup>ST</sup>, 8<sup>TH</sup>, 15<sup>TH</sup> & 22<sup>ND</sup>**  
**(NO CLASS 29<sup>TH</sup>)**

**CLASSES FOR DECEMBER: 6<sup>TH</sup> & 13<sup>TH</sup>** (NO CLASS 20<sup>TH</sup> & 27<sup>TH</sup>)