

Senior Fitness Plus

Senior Fitness Plus takes your workout to the next level. The class will challenge you with exercises that will improve your strength, flexibility, endurance, balance and posture. Any fitness level can participant in this class. This class will help decrease pain caused by arthritis, inactivity, or recent surgeries. The exercises will be offered with or without the assistance of the chair, and when you're ready, work your way to the floor mat segment of the class. **Ages 55 & Up**

Program#: 371001

Min/Max: 6/6

Fee: \$70.00(R), \$75.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

Section#: 01

Date: September 14-October 21

Section#: 02

Date: November 2-December 9

Section: 03

Date: December 21-January 27

Time: 10:00-10:50am

Day: Monday & Wednesday