

Senior Sitness

Senior Sitness is a 30-minute seated exercise class which is offered from 1-1:30 pm in the auditorium on MONDAYS & THURSDAYS. This class is a combination of stretching, strength training and cardiovascular exercise. Again, this class is entirely seated, so if you have balance concerns, use a walking aid or aren't comfortable standing to exercise, please give it a try. Any questions, please contact Chrissy. 10/4/2018