

Senior Fitness Class



This fitness class is geared to older active adults or anyone who needs a low impact class. We use gentle cardio and resistance training activities to increase joint flexibility, range of motion, and maintain muscle strength. Chair support is offered to safely perform a variety of exercises while seated.

All classes are held on Thursdays
9:00-10:00 a.m. in the Convention Hall
gym.

15/month or \$5/class drop in rate.

Taught by Senior Fitness Specialist
Vita Razumovsky.



Register by March 4:
Thursdays March 7-28

Register by April 1:
Thursdays April 4-25



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