

SEASONED CITIZEN PROGRAM

January 10– March 16

Classes are free to Senior Center Members; \$10.00 for non-members



ZUMBA GOLD

Monday, Wednesday 9:00-9:45 AM

YMCA Multipurpose Room

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.



TAI CHI

Monday, Wednesday 10:00-10:45 AM

YMCA Multipurpose Room

Tai Chi boosts upper- and lower-body flexibility as well as strength. chi improves balance and, according to some studies, reduces falls.



CHAIR WORKOUTS

Tuesdays 10:00-10:45 AM

Pierre Senior Center

Alternates between Yoga and Tai Chi