

Seasoned Citizen Programs October 18– December 22



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

Monday, Wednesday 9:00-9:45 AM
YMCA Multipurpose Room



Tai Chi : **boosts upper- and lower-body flexibility as well as strength.** Balance. Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age.

Monday, Wednesday 10:00-10:45 AM
YMCA Multipurpose Room



Chair Exercise: Alternates between Yoga and Tai Chi
Tuesdays 10:00-10:45 AM
Pierre Senior Center

All classes are free to Senior Center Members
\$10.00 for non-members