



SENIOR FITNESS CLASS

Calling all seniors who are looking to get moving! For 1 hour on Friday mornings, join us for fun and fitness! This will be a chair based class that will consist of stretching, balance work, and strength exercises! After class there will be coffee and treats!!



Fridays: 9:30-10:30 AM

Beginning 1/3/2020

Cost: FREE, \$1 donation would be appreciated!

Greene County Community Center

Call us at 515-386-3412 for more information!