

**REGISTER FOR THE JULY THRU AUGUST SESSION NOW -  
SPOTS ARE LIMITED AND FILLING FAST!**

**GET MOVING  
AT THE  
SENIOR CENTER**

Register in-person at the Florissant Senior Center (cash/check payment)  
315 Howdershell Road - Florissant, MO 63031 - 314-839-7605

*Save the Date for the Next Sessions starting in September:*

- Registration for Residents begins Monday, August 5, 2024
- Registration for Non-residents begins Monday, August 12, 2024

**MONDAYS IN MOTION:  
SENIOR STRETCH & STRENGTHEN**

This class is for Seniors who want a low impact workout that is easy on the joints. Improve your flexibility, increase your energy level, motor skills & balance - make the move to healthy aging!



When: Mondays - Jul 8 to Aug 26

Times: 12:30 to 1:30 p.m. **Limited**  
**OR**  
1:30 to 2:30 p.m.

Cost: \$17.50 Residents  
\$22.50 Non-Residents

Where: Gym at JFK Community Ctr.

**TOE TAPPING TUESDAYS:  
SENIOR LINE DANCING**

Whether you are an experienced line dancer or you want to learn how to line dance - this class is for you! Dancing boosts your emotional and social well-being, is great for cardiovascular health and bone strength. Dancing not only improves your balance - it's FUN too!



When: Tuesdays - Jul 9 to Aug 27

Times: ~~1:00 to 2:00 p.m.~~ **Waitlist**  
**OR**  
2:00 to 3:00 p.m.

Cost: \$20.00 Residents  
\$25.00 Non-Residents

Where: Gym at JFK Community Ctr.

**WELLNESS WEDNESDAYS:  
JOINTS IN MOTION**

In this class you will work every joint and muscle with minimal effort to help with arthritic pain and strengthen your joints. This class has a sitting and standing portion, but all exercises can be modified for those with difficulty standing. By combining gentle range of motion exercises with light weights and resistance bands - this class works for every fitness level and ability.

When: Wednesdays - July 10 to Aug 28

Time: ~~9:00 to 10:00 a.m.~~ **Waitlist**

Cost: \$20.00 Residents  
\$25.00 Non-Residents



Where: Lilac Rm at JFK Community Ctr.

**Presented by the Florissant Senior Office**