

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](tel:3148397605)

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

Stay Tuned for New Class Offerings!

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 - Sept 9 to Oct 21
No class on Labor Day

Times: 12:30 to 1:30 p.m.
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 - Sept 3 to Oct 22

Times: 1:00 to 2:00 p.m.
OR
2:00 to 3:00 p.m.

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

Where: Gym at JFK Community Ctr.

Presented by the Florissant Senior Office