

# Get Moving at the Senior Center

Register in-person or call the Florissant Senior Center  
315 Howdershell Rd. – Florissant, MO 63031 – 314-839-7605

- **Registration for Residents - Monday, February 24 at 10a**
- **Registration for Non-Residents - Monday, March 3 at 10a**

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## 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 – April 28 to July 28 \*Note – No Classes 5/26, 7/7

**Times:** **12:30 OR 1:30 p.m. Classes**

**Cost:** \$30.00 Residents / \$35.00 for Non-Residents (**12 classes**)

**Where:** Gym at JFK Community Center

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## Senior Chair Yoga – **NEW Addition to Tuesdays!!!!!!**

- Chair yoga incorporates gentle stretches and movements that help improve joint flexibility, increase range of motion, and enhance overall mobility. It can help you maintain and improve your physical abilities while reducing stiffness and tightness in the body.

**When:** Tuesdays – April 29 to July 29 \*Note – No Classes 5/27, 7/8

**Time:** **12:00 p.m. Class**

**Cost:** \$30.00 Residents / \$35.00 for Non-Residents (**12 classes**)

**Where:** Lilac Room at JFK Community Center

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## 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 – April 29 to July 29 \*Note – No Classes 5/27, 7/8

**Times:** **1:00 OR 2:00 p.m. Classes**

**Cost:** \$30.00 Residents / \$35.00 for Non-Residents (**12 classes**)

**Where:** Gym at JFK Community Center