

Get Moving at the Senior Center



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

Register 7/14 for residents 7/21 for non residents
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 – August 18 to October 20 *Note – No Classes 9/1

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

Cost: \$25.00 Residents / \$30.00 for Non-Residents (**9 classes**)

Where: JFK Community Center

Chair Yoga

- 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: Tuesdays – August 19 to October 21 *Note – No Classes 9/2,

Times: **12:00pm. Classes**

Cost: \$25.00 Residents / \$30.00 for Non-Residents (**9 classes**)

Where: JFK Community Center

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 – August 19 to October 21 *Note – No Classes 9/2

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

Cost: \$25.00 Residents / \$30.00 for Non-Residents (**9 classes**)

Where: JFK Community Center