

Get Moving at the Senior Center

Register in-person/call the Florissant Senior Center

315 Howdershell Rd. - Florissant, MO 63031

314-839-7605

Register 10/6 for Residents. 10/13 for Non- Residents

Senior Stretch & Strengthen

- This class is for Seniors who want a low impact workout that is easy on the joints.

When: Mondays - November 3 to December 15

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

Cost: \$17.00 Residents / \$22.00 for Non-Residents (7 **classes**)

Where: JFK Community Center

Chair Yoga

- Improve your flexibility, increase your energy level, motor skills & balance.

When: Tuesdays - November 4 to December 16

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

Cost: \$17.00 Residents / \$22.00 for Non-Residents (7 **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!

When: Tuesdays - November 4 to December 16

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

Cost: \$17.00 Residents / \$22.00 for Non-Residents (7 **classes**)

Where: JFK Community Center

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.

When: Wednesdays - November 5 to December 17

Time: **9:00 a.m. Class**

Cost: \$17.00 Residents / \$22.00 for Non-Residents (7 **classes**)

Where: JFK Community Center