

Get Moving at the Senior Center

Register in-person/call the Florissant Senior Center

315 Howdershell Rd. - Florissant, MO 63031

314-839-7605

Register 12/8 for Residents. 12/15 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 - January 5 to February 11 No class 1/12 & 2/9

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

Cost: \$13 Residents / \$18.00 for Non-Residents (5 **classes**)

Where: JFK Community Center

Chair Yoga

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

When: Tuesdays - January 6 to February 10

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

Cost: \$15 Residents / \$20.00 for Non-Residents (6 **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 - January 6 to February 10

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

Cost: \$15.00 Residents / \$20.00 for Non-Residents (6 **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 - January 7 to February 11

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

Cost: \$15.00 Residents / \$20.00 for Non-Residents (7 **classes**)

Where: JFK Community Center