

Get Moving at the Senior Center

All classes are 8-week sessions and will be held on an on-going basis.

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

Registration for Residents begins Monday, April 8, 2024
Registration for Non-residents begins Monday, April 15, 2024

*** Limited Availability ***

1

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 - May 13 to July 1 *Note - No Class May 27*

New Times: **12:30 to 1:30 p.m. OR 1:30 to 2:30 p.m**

Cost: \$17.50 Residents / \$22.50 for Non-Residents

Where: Gym at JFK Community Center

2

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 - May 14 to July 2

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

Cost: \$20 Residents / \$25 for Non-Residents

Where: Gym at JFK Community Center

3

Wellness Wednesdays: Joints in Motion

- In this class you will work every joint and muscle with minimal effort to help with arthritic pain and strengthen joints. This class has a sitting and standing portion, but all exercises can be modified for those with difficulty standing. Only a gentle range of motion exercises with light weights and resistance bands - this class works for every fitness level in a class.

When: Wednesdays - May 15 - July 3

Time: 9:00 to 10:00 a.m.

Cost: \$20 Residents / \$25 for Non-Residents

Where: Lilac Room at JFK Community Center

WAITLIST ONLY