

3 NEW WAYS TO Get Moving at the Senior Center

Exercise helps you live a longer, healthier life. Seniors that exercise regularly are less likely to depend on others. Exercise improves balance – which reduces the likelihood of falling by 23%. Being active gives you more energy AND increases brain function.

SO LET'S EXERCISE!

The Senior Office is offering 3 NEW Instructor Led Classes to help you to live a healthier life.

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

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

Registration for Residents begins Tuesday, February 20, 2024
Registration for Non-residents begins Monday, February 26, 2024

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 – March 18 to May 6

Time: 1:00 to 2:00 p.m.

Cost: \$20 Residents / \$25 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 – March 19 to May 7

Time: 1:00 to 2:00 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 your joints. This class has a sitting and standing portion, but all exercises can be modified for those with difficulty standing. By combining gentle range of motion exercises with light weights and resistance bands – this class works for every fitness level and ability.

When: Wednesdays – March 20 to May 8

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

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

Where: Lilac Room at JFK Community Center