

Senior Programs / Silver Sneakers

Monday, Wednesday, & Fridays we offer a muscular strengthening range of motion class.

It's a safe 45 minute workout using elastic bands, hand weights, and a ball. The program can be done standing or sitting. If you are looking to increase your flexibility, strength and meet some new friends, this is the place to be!



Instructor - Amy Wimberly - prior circuit coach at Curves.