

Senior Fitness

Senior Cardio/Strength

This is a class for all fitness levels from beginner to experienced. A variety of exercises are used to help increase cardio endurance while also strengthening muscle. We will use fun music to get the hear going, weights to help with muscle conditioning, balance, and then ending with stretching. Come as you are and have FUN!

WHEN: Tuesdays and Fridays
8:30am-9:15am

WHERE: Allouez Village Hall

FEE: Both classes are FREE for all SilverSneakers and RenewActive members OR:

- Allouez Residents: \$3 per class or 10 class punch card for \$30
- Non-Residents: \$4 per class or 10 class punchcard for \$40
- Monthly Pass: \$30

FREE for
SilverSneakers
&
RenewActive
Members

Senior Stretch/Chair Yoga

Move your body through seated and standing yoga poses with chair support designed to increase flexibility, balance, and range of motion. Thursday classes include optional floor work for the last 10 minutes of class. If choosing to partake in floor work, please bring a mat or towel.

WHEN: Thursdays and Saturdays
8:30am-9:15am

WHERE: Allouez Village Hall



To register for class, contact the instructor, Faye Nedobeck, 920-639-6063 or fnedobeck@gmail.com

Space in each class is limited!

**AGE
50+**