



Senior Fitness Classes

What is a "Senior Fitness Class?"

Our Senior Fitness Classes are easy to follow low impact cardio classes for older adults that focus on improving strength and balance with emphasis on age-related issues. Chairs will be provided for seated work and for standing balance movements. In these classes, everyone is welcome and every works at their own level!

WHEN

Tuesdays and
Thursdays

TIME

10:30am

INSTRUCTOR

Trish Kelly



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