

**Activity Title - 55+ Intro To:** These 55+ Intro To classes give you the opportunity to try one of our multi week programs as a one day class offering. Allowing you to become familiar with the practices before signing up for a multi session class. The classes will be 45 minutes giving you a taste of what our multi week programs have to offer.

**55+ Intro To Tai Chi:** Join us to try Tai Chi and gain the benefits that result from daily practice such as enhanced balance, coordination and focus. This class is an opportunity for you to try Tai Chi in a 45 minute session before committing to a several week long program.

Thursdays from 9:30-10:15am \$3.00 for members & \$3.75 for non-members.

February 25<sup>th</sup> 595983

March 4<sup>th</sup> 595984

March 11<sup>th</sup> 596936

March 18<sup>th</sup> 596937

**55+ Intro To Barre:** Strengthen and soar in this unique exercise class that combines elements of ballet, Pilates, functional movement and stretching to challenge the core, tone muscles and have fun. This class is geared to the older adult and will help you improve flexibility, balance, and strength. Shoes are optional. Bare feet or grippy socks preferred. This class is to allow participants a chance to try the course before committing to a several week long program. Please bring a prefilled water bottle and mat.

Mondays from 3:00-3:45pm \$3.64 for members & \$4.55 for non-members.

March 8<sup>th</sup> 596008

March 22<sup>nd</sup> 596319

March 29<sup>th</sup> 596938

**55+ Intro To Yoga:** This is an introduction to yoga with fewer participants focusing on learning yoga poses and practices. Helping participants gain the knowledge about yoga before committing to a multi week program. A variation of poses will be offered to help participants begin. No props or assists are provided. Please bring a prefilled water bottle and mat.

Tuesday from 9:30-10:15am \$3.64 for members & \$4.55 for non-members.

March 16<sup>th</sup> 596009

March 23 596939

March 30 596940

**55+ Try It:** Come try one of our 55+ Try It fitness classes. These low intensity fitness classes will be weekly registered for 45 minutes allowing for a lot of flexibility for someone who would just like to 'Try It' and see if they like the class. These classes are registered for weekly and can be a completely different focus from week to week. Join us for a class and just 'Try It'

1. TBA in the future