

Seniorcize
Low Intensity

A low-intensity class geared toward senior adults desiring to stay mobile and improve the quality of their daily activities. A 45 minute class with range of motion enhancement and strength sustenance.

The benefits of this class

- Improve heart and respiratory function
- Lower blood pressure
- Increase Strength
- Quicken Reaction Time
- Reduce Body Fat
- Improve Bone Density
- Improve Flexibility
- Reduce Susceptibility to Depression and Disease
- Increase Muscle Mass

1st Session

Date: September 16th-October 23rd (6 weeks)
Time: T/TH 11:15-12
Instructor: Allison Koosmann & Brianna Hermans
Members: \$33 Non-Members: \$45

2nd Session

Date: November 4th-December 18th (7 weeks)
Time: T/TH 11:15-12
Instructor: Allison Koosmann & Brianna Hermans
Members: \$38.50 Non-Members: \$52.50

3rd Session

Date: January 6th-February 26th (8 weeks)
Time: T/TH 11:15-12
Instructor: Allison Koosmann
Members: \$44 Non-Members: \$60

4th Session

Date: March 3rd-March 26th (4 weeks)
Time: T/TH 11:15-12
Instructor: Allison Koosmann & Brianna Hermans
Members: \$22 Non-Members: \$30