



Valdese Recreation Center

Monday, Wednesday, Friday:

***9am Circuit-** A class consisting of standing low-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

***10am Classic-** Exercise Class to improve agility, balance, coordination and activities for daily living (ADLs) by increasing muscular strength and range of movement

Tuesday & Thursday:

***10am Yoga-** Yoga is a class designed for ALL participants that focuses on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance and joint range of movement.

All classes taught by Certified Instructors and formatted for the Senior Citizen. Chairs are set up in the classes, to be used, if needed.

Call Toni Reece 828-879-2144 and leave your name and phone number for a call back for more info