



**Silver Sneakers**<sup>®</sup>  
by Tivity Health

**@ Valdese Recreation Center**

**Monday, Wednesday, Friday**

**9am Cardio Circuit**

**Monday & Wednesday**

**10am Classic**

**Tuesday & Thursday**

**10am Yoga**

**All classes are formatted for Senior Citizens  
Chairs are always available, if needed.**

**Call the Valdese Recreation Department at  
828-879-2144 or 828-879-2132 for more information.**