



Silver Sneakers[®]
by Tivity Health

@ Valdese Recreation Center

Monday, Wednesday, Friday

9am Cardio Circuit

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.**