

# Senior Fitness/Low Impact Aerobics Classes

**Earl Heck Community Center**

**Mondays & Wednesdays 9:00 AM**



Senior Fitness/Low Impact Aerobics classes are offered at the Earl Heck Community Center on Monday and Wednesday mornings at 9:00 AM. These classes feature a low-impact workout designed for active older adults and incorporate cardio, strength training and stretching. Our Senior Fitness classes are designed to be low-impact to prevent injury while also increasing muscle strength and energy levels. Silver Sneakers members are eligible to take these classes for free. (Only \$2 per class for non-Silver Sneakers members). Pilates classes are also offered on Thursday mornings.

For more information or to register for this class, call Kristy at (937) 203-7584