



Exercise Classes



Chair Yoga

- Mondays at 10:00 a.m.
- This class focuses on joint flexibility and meditation in the comfort of a chair
- Last Monday of the month will focus on Balance



Drumming

- Fridays at 10:30 a.m.
- This class uses exercise balls on 5-gallon buckets and participants drum to music



WSU WellREP (Well-Rounded Exercise Program)

- Tuesdays and Thursdays at 10:30 a.m. while WSU classes are in session
- Led by graduate, practicum, and undergraduate internship students
- Provide cardio, aerobic, and stretch exercises.



STEPS (Seniors Together Experience Physical Strength)

- Tuesday and Thursdays at 10:00 a.m. when WSU WellREP is not in session
- Emphasizes on stretching and flexibility.
- Exercises are done sitting and standing with a chair near by.



All of the above is included with the \$5 Yearly Membership!

More exercise classes are always being added. Pick up a newsletter at Haysville Senior Center, 160 E Karla Ave, Haysville, Ks 67060

Follow us on Facebook at @HaysvilleSeniorCenter or www.haysville-ks.com/senior-center