



Haysville Senior Center **Exercise Schedule**



CHAIR YOGA

Mondays, 10:00 a.m.

This class focuses on joint flexibility and meditation

SENIORS TOGETHER EXPERIENCE PHYSICAL STRENGTH (STEPS)

Tuesdays & Thursdays, 10:00 a.m.

This class emphasizes stretching and flexibility

DRUMMING

Fridays 10:30 a.m.

This class takes exercise balls on 5 gallon buckets and drum to music.

LET'S GROOVE

2nd and 4th Wednesdays at 10:00 a.m.

This class is an easy going dance class where the key is movement.

*All exercise classes are included in annual Haysville Senior Center membership unless otherwise notated.

