

Senior Strength Training

With Amy Carney

Join Amy as she instructs a strength training class designed specifically for the senior population.



Strength is a vital component of health and wellness!



Time

Wednesdays at 9:45 a.m.

Thursdays at 11:15 a.m.

Aerobics Room

Fee

Member Fee: \$25 for a 10-Class Punch Card

Non-Member Fee: \$35 for a 10-Class Punch Card