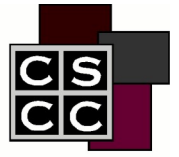


Central Square Community Center Senior Adult Fitness Class Schedule March 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes					
Senior Aqua Interval	*10:30 AM		*10:30 AM		10:30 AM
Fitness Classes					
Senior Pilates	9:30 AM				
Senior Yoga			9:30 AM		
Silver and Fit® Experience					9:30 AM
Silver Sneakers® Classic		*9:35 AM		★ *9:35 AM	

★ **March 19th no Silver Sneakers.**

Senior Fitness classes are designed for people ages 55 and older. Classes are customized to improve balance, flexibility and strength, sign up or drop in today.

Many of your senior classes are included with your Silver & Fit® and Silver Sneakers® memberships.

Senior Fitness Class Fees per Month: One day per week: Member \$10.00, Non Member \$12.00

***Two days per week: Member \$16.00, Non Member \$18.00**

Senior Fitness Class Drop In Fees per Class: Member \$3.50, Non Member \$4.00