
Calvary Community Wellness Center

Senior Fitness & Chair Exercise Classes

(But All Ages Are Welcome!)



Enjoy this beginning to moderately paced workout while sitting comfortably in a chair, working at your own pace. Improve your range of motion, strength, balance and flexibility. Enjoy friends and fellowship, all while improving your energy level and quality of life. A perfect class for people with limited mobility and those needing low impact physical activity.

Optional standing exercises are included.

Sessions Start March 6, 2018 thru October 25, 2018

Tuesday - 10:30 - 11:15am (Tuesday Sessions ONLY for 1st four Weeks)
Thursday - 10:30 - 11:15am (Starting April 5, 2018)

**ONLY \$ 1
Per Session**

3002 Holmes ~ Kansas City, Missouri 64109
www.ccon-kc.org or Visit us on Facebook

For Information, call 816 531-4683 ext.23

Instructor: *Deric Wilson, Certified Personal Trainer*



Senior Fitness

