

33rd ANNUAL



SENIOR HEALTH & FITNESS DAY



Wednesday, May 27 • 10 am-2:45 pm
H-F Racquet & Fitness Club

Take the step forward to a healthier, more active lifestyle with engaging programs, fun activities, and valuable wellness information from community vendors.

10-10:30 am • BALANCE (Group Fitness Studio)

Balance is a low-impact workout that can help improve stability, core strength, and posture. It will also help with flexibility, joint mobility, and range of motion. Benefits of this class include building muscle strength, increasing coordination, improving reaction time, preventing falls and injury, and gaining confidence.

10:30-11:15 am • PRIMETIME (Group Fitness Studio)

Basic low-impact aerobics to increase your stamina and burn calories. Toning and weight-training exercises will strengthen your muscles and improve your balance. Great for beginners or mature exercisers.

11:30 am-12:30 pm • PICKLEBALL (Pickleball Courts)

12:30-1:30 pm • CARDIO TENNIS (Tennis Court)

1-2 pm • AQUA FITNESS (Pool)

**2-2:45 pm • SENIOR STRENGTH & ENDURANCE
(Group Fitness Studio)**

Whether you're just getting started or looking to stay active, there's something for everyone! Daily guest fee is WAIVED for anyone 55 years young or better.



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