

# Sassy Step & Stretch (Senior Exercise)



Spring 2024

Active Senior Adults ages 55+ will enjoy healthy exercise in a fun, safe, and supportive atmosphere. Paula incorporates music, movement, and laughter into the program, with the use of chairs as needed.

**\*Must have a minimum of 10 participants\***

(MPRD reserves the right to cancel the class if the minimum is not met)

**A registration form is required for each session.**

**When:** Monday's and Thursday's

**Where:** Meredith Community Center – Room B

**Time:** 9:00 am-10:00 am

**Dates:** March 18 – May 9, 2024

(No class: 4/22/24, 4/25/24)

Make-ups if needed: 5/13/24 & 5/16/24

**Fees:** \$30 resident/per session \$40 non-resident/per session

**Instructor:** Paula Wanzer

