Sassy Step & Stretch

Winter 2019/2020

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

**When:** Monday’s and Thursday’s

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

**Winter Session:** December 2 – February 6, 2020
(No class: 12/23, 12/26, 1/9/20, 1/13/20, 1/16/20, 1/20/20)

Make-ups if needed: 2/10/20 & 2/13/20

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

**Instructor:** Paula Wanzer

A registration form is required for each session.