Sassy Step & Stretch

Fall 2019

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

Fall Session: September 23 - November 14, 2019
(no class 10/14 and 11/11)

Make-ups if needed: 11/18/19 and 11/21/19

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

Instructor: Paula Wanzer

A registration form is required for each session.