Sassy Step & Stretch

Spring 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:** March 2, 2020 – April 30, 2020
(No class: 3/19/20, 3/23/20, 3/26/20, 3/30/20)

Make-ups if needed: 5/5/20 & 5/7/20

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

**Instructor:** Paula Wanzer

A registration form is required for each session.