

# Senior Fitness Classes

## Yoga



Healing Arts Center  
Branson, MO

**NEW! Chair Yoga**

**Mondays at 1:30pm**

Brought to you by the Healing Arts Center  
with instructor Angel Adams

\$1 per class

Benefits of Yoga:

- \*Flexibility
- \*Relieves Back Pain
- \*Lower Blood Pressure
- \*Improved Digestion
- \*Muscle Tone
- \*Improved Sleep
- \*Balance
- \*Improved Posture

## Chair Exercises

Mondays at 12:45pm

Free to participate!

Lead by Certified Instructor Marie Powers

## Zumba



**ZUMBA**  
gold

Monday, Wednesday & Friday at 3pm

Instructor Holly Johnson

\$3 per class or \$25 punch card=10 visits

**Zumba Gold** is great for active older adults that are looking for all the moves you love at a lower intensity! Zumba Gold is geared for 55+ (and those with physical disabilities or limitations).

Instructor Holly Johnson

## Fitness Gold

Thursdays at 9:45am

Free to participate!

Lead by Certified Instructor Sandra Tyner