



Haysville Senior Center



Exercise Schedule

CHAIR YOGA

Mondays, 10:00 a.m.

This Class Focuses On Joint Flexibility And Meditation

- Included With Current Senior Center Membership

Seniors Together Experience Physical Strength (STEPS)

Tuesdays & Thursdays, 10:00 a.m.

This Class Emphasizes Stretching And Flexibility

- Included With Current Senior Center Membership

THERA BANDS

Wednesdays & Fridays, 10:00 a.m.

This Class Uses Resistance Bands To Focus On Muscle Strength And Flexibility

- Included with Current Senior Center Membership

