

Senior Fitness

AT THE BRANSON COMMUNITY CENTER

201 COMPTON DR.
BRANSON, MO 65616
417-337-8510

WALKING PATH

This porous pave path is 1/4 mile and great for running or walking.



YOGA

Senior Yoga

Tues & Thurs @3:00pm

This is a free class and equipment is provided for seniors 55+.

Yoga for Vitality

Tues & Thurs @5:45pm

\$5 per person



A Few Benefits of Yoga:

Flexibility

Muscle Tone

Back Pain Relief

Improved Sleep

Balance

Better Posture



Mon & Wed

3:00pm

Free for seniors 55+.



Zumba Gold is great for active older adults that are looking for all the moves you love at a lower intensity.

CHAIR EXERCISE

Mondays at 12:45pm

Free class for those \$55+
Instructor-Marie Powers

TAI CHI

Mondays at 1:45pm

Free class for those \$55+
Instructor-Connie Drusen