

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