



EXERCISE CLASS, CROUCH SENIOR CENTER

Jackson County Department on Aging

MOVING FOR BETTER BALANCE EXERCISE CLASS

TUESDAY & THURSDAY

10:30 AM - 11:30 AM

CROUCH SENIOR CENTER

Room 005, Ground Floor

Improve...

- . Balance
- . Muscle Strength
- . Flexibility
- . Mobility
- . Memory

LED BY A CERTIFIED YMCA INSTRUCTOR



This fun exercise class uses the principles and movements of Tai Chi.

Call 768-8691 for Details!



JACKSON COUNTY
Department on Aging

CROUCH SENIOR CENTER

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