

Civic Center **CLASSIC**



Low impact class for all fitness levels. Held in a safe and 'distanced' environment. Instructed by ACSM Certified Trainer April Kassebaum.

Thursdays
1:00pm-1:45pm
Civic Center Gym
For CC Members

Non-Members Welcome
beginning 6/3!



Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and the class will be modified depending on fitness levels.