

Super Sneakers

Active Adult Fitness Class

Meeting Date: Mondays & Wednesdays

Time: 12:00pm-1:00pm

Cost: \$5/class



Class Description:

This is a low-impact high energy class geared toward active adults. This fun, move-to-the-music type of class is designed to increase muscular strength, cardiovascular endurance, balance, coordination, range of movement, and activities for daily living skills. A chair is used for seated and/or standing support.

For more information, please contact Andrea Andrews Lassiter at
(434) 485-8517!



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