

SENIOR ACTIVITIES

Cloverleaf Rec Center has many opportunities for our senior members.

Senior Stretch Class

Every Monday, Wednesday and Friday, we offer a "Senior Stretch" class from 9:30-10:30 am. Cost is \$1.00 per visit. Mondays and Wednesdays, there is an instructor and on Fridays, the class meets on their own. Men and women are welcome. Many choose to walk our track during the summer months, as well as our winter months. Our air-conditioned facility is a comfortable, safe place to walk. We also have light weights to help build mass for the mature adult. *ALL levels of exercise is available.

Come meet others with similar interests, have fun and get fit at the same time.