

# **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. This class is FREE to all Rec Center Members and Silver Sneakers Members of the Rec. For Non-Members, the cost is \$2.00 per visit. Mondays and Wednesdays uses stretch bands and exercise balls, Fridays is Line-Dancing. 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.