

SENIOR ACTIVITIES

Cloverleaf Rec Center has many opportunities for our senior members.

Senior Stretch Class

Every Monday & Wednesday we offer a "Senior Stretch" class from 10:00-11:00 am. This class is FREE to all Rec Center Members, Silver Sneakers & Renew Active Members of the Rec. For Non-Members, the cost is \$2.00 per visit. These classes use stretch bands and exercise balls. 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.