



FITNESS CLASS

SILVERSNEAKERS CIRCUIT CLASS

Mondays, Wednesdays and Fridays

10:45a - 11:45a

at The Grain Valley Community Center

Only \$2

(FREE to SilverSneakers,
Renew Active and Silver&Fit)

This class features a minimum 30 minute standing, upper-body, strength work, alternated with low-impact cardio using a chair for standing support.

This class is great for any exerciser looking for a moderate intensity workout.

GRAIN VALLEY
MISSOURI

PARKS AND RECREATION