



## Class Schedule

### For Independence Parks/Recreation/Tourism

Mon	10 am	Yoga
Tues	10 am	Classic
	1:45 pm	Zumba Gold
Wed	1:45 pm	Yoga
Thurs	10 am	Classic

**All classes are held in the Truman Memorial Building - 416 W. Maple**

**SilverSneakers Yoga: Mondays at 10 am and Wednesdays at 1:45 pm**

Improve joint range of movement, strength and balance—and relax! Learn safe moves & breathing exercises to reduce stress and mental anxiety. Instructor: Margaret French, Michelle Pena and Susan Reynolds-Berg

**SilverSneakers Classic: Tuesdays and Thursdays at 10 am**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Instructor: Debbie Kappler

**ZUMBA GOLD: Tuesdays at 1:30 pm**

This combe dance/exercise class fuses hypnotic Latin and international rhythms and easy to follow moves to create a DYNAMIC workout for you. Instructor: Susan Reynolds-Berg

