



SilverSneakers EnerChi

**Monday 6/10
&
Friday 6/21**

This class uses modified **tai chi movements** in a slow, flowing sequence to improve balance, strength, and focus. Class can be done seated or standing.

**Join us on Monday, June 10 and/or on Friday, June 21 at 11 a.m. in the
Aerobics Studio.**

For more information, please visit the Member Services desk or call 515-226-9622.