



## SilverSneakers EnerChi

**Tuesdays  
August 13 & 27**

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 Tuesdays August 13 and August 27 at 11 a.m. in the  
Aerobics Studio.**

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