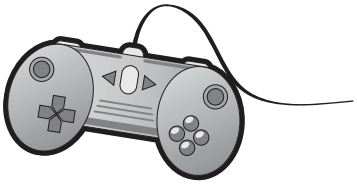
SENIOR FITNESS

Houston Parks and Recreation Department

Senior Exercise Class

Chair Dancing Through the Decades



Featured Era Dance Routines
The Charleston, Big Band, Rock and Roll,
The Hand Jive, The Twist, Motown and Wii Fitness

Chair Dancing for adults and seniors is a fun and convenient way to participate in an energetic aerobic program to tone muscles, improve flexibility and burn calories with three exercise levels.

Three exercise levels will teach participants how to adapt the program to their current fitness ability and improve endurance.

So…what are you waiting for?
Dress comfortable in attire and tennis shoes. Come join the fun, invite a friend, pull up a chair and get fit!!!

Program Instructor: Gayle Herbert

Location:	Sagemont Community Center 11507 Hughes, 77089
Date:	September 3, 16, 17, 24, 2014
Time:	10:30 a.m. – 11:30 a.m.
Information:	Gayle Herbert, Recreation Supervisor (832) 395-7133 Kay Joshua, Division Manager (832) 395-7270

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