

## **EXERCISE CLASSES @ ORCAS SENIOR CENTER**

### **Exercises at Orcas Senior Center**

We walk differently as we age. Our joints have propelled us through the decades of movement and they remember the missteps and the giant leaps. It is up to you to take care of your body. Show yourself you care and others will notice the change, the glow, and the skip in your step. Orcas Senior Center is offering a variety of new exercise classes and tried-and-true exercise classes including Transitional Movement, Chair Yoga, Tai Chi, Balance Class, and Strength Training. To sign up for classes call 360-376-2677 or visit the front desk!

Transitional Movement: Tuesday and Thursday, 10am

Chair Yoga: Tuesday and Thursday, 11:15 am

Tai Chi: Monday, 5pm

Balance Class: Tuesday and Thursday, 5pm

Strength Training: Monday, 4pm