

FREE

Senior Health & Wellness Fair

Wellness Center Exercise Class Demos

October 1st, 2022 12:00 - 3:00pm

***Sign up through the Wellness Center
419-423-8496**

20 minute classes with 10 minute switch over

(Class line up subject to change)



Classes held in the Exercise Studio

(lower level)

- 12:15 - Geri-Fit®
- 12:45 - SilverSneakers® Classic
- 1:15 - SilverSneakers® Yoga
- 1:45 - Cycling
- 2:15 - Yoga Fusion

Classes held in the Track Area

(main level)

- 12:15 - Enhance®Fitness
- *NEW** 12:45 - Seated Strength & Stretch
- 1:30 - Parkinson's Exercise Class
- 2:00 - Cardio Drumming

***Seated class offering full body strength & core conditioning, posture & stretching.**

***Wheelchairs welcome.**



ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

339 East Melrose Ave.
Findlay OH 45840
419-423-8496
www.50north.org