

SEASONED CITIZEN PROGRAMS

2020 WINTER



TAI CHI



ZUMBA GOLD



WALK WITH EASE



CHAIR WORKOUTS

ZUMBA GOLD

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Can be done standing or seated.

SCHEDULE

YMCA MULTIPURPOSE ROOM

- January 22 - March 25
- Mon. & Wed. , 9:00 am –9:45 am
- No class on Monday, Feb. 17

FEE:

- 2-3 days a week: \$24
- 1 day a week: \$12
- Free to Senior Center Members

REGISTRATION:

- Mindy.cheap@ci.pierre.sd.us
- Call Mindy at 605.773.7445



TAI CHI

Slow movements and controlled breathing proven to relieve pain and improve health and balance.

Can be done while seated, appropriate for all skill levels.

SCHEDULE

YMCA MULTIPURPOSE ROOM

- January 22 - March 25
- Mon.& Wed. , 10:00 am -10:45 am
- No class on Monday, Feb. 17

PIERRE SENIOR CENTER

- February 25 - March 24
- Tuesdays 10:00 am - 10:45 am

FEE:

- 2-3 days a week: \$24
- 1 day a week: \$12
- Free to Senior Center Members

REGISTRATION:

- Mindy.cheap@ci.pierre.sd.us
- Call Mindy at 605.773.7445



WALK WITH EASE

The Program is designed for people with arthritis but it can be a useful resource for anyone.

Designed to increase physical activity and gain the benefits of exercise.

SCHEDULE

PIERRE SENIOR CENTER

- February 24 - March 30
- Mondays & Fridays, 1:00 pm - 2:00 pm

FEE:

- \$10 for six-week program
- Free to Senior Center Members
- Membership is not mandatory

REGISTRATION:

- Pre-registration is Mandatory
- Mindy.cheap@ci.pierre.sd.us
- Call Mindy at 605.773.7445



CHAIR WORKOUTS

A combination of exercise workouts done either seated or standing.

Workouts include Chair Yoga, Zumba Gold and more.

SCHEDULE

PIERRE SENIOR CENTER

- January 21 - Feb. 18
- Tuesdays , 10:00 am –10:45 am

FEE:

- 1 day a week: \$10
- Free to Senior Center Members

REGISTRATION:

- Mindy.cheap@ci.pierre.sd.us
- Call Mindy at 605.773.7445

