



# Gentle Yoga for Older Adults

*Schedule effective September 14, 2021 (subject to change)*

## What you need to know:

- Due to COVID restrictions, registration is requested!
- Masks are strongly recommended!
- Classes available at a suggested donation of \$3.00/class
- SilverSneakers members attend at no cost!
- Focus is on strengthening, stretching, balance, and breathing.
- Are safe and effective for older adults!

## In Person Classes

*Schedule subject to change*

**Caledonia Community Green (KDL)**  
**6260 92<sup>nd</sup>. St. Caledonia**

**This location is an OUTDOOR class**  
Thursdays at 9:30am September 16,  
23, 30

**Grandville Senior Center**  
**3380 Division, Grandville**  
Fridays 11am

## ZOOM classes

*Schedule subject to change*

Mondays 11am  
Fridays 9:30am

Call 616-233-0283 for  
more information!

*Kent County*  
*Senior Millage*



*The Source for Seniors*

**Senior**  
**NEIGHBORS**  
no longer alone



**FLEX**  
Community  
Fitness Classes