



Gentle Yoga for Older Adults

Schedule effective January 3, 2023 (subject to change)

What you need to know:

- Participants will flow through a variety of seated and standing poses.
No getting on the floor.
- Masks recommended in person
- 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!

Schedules and COVID precautions
subject to change.

In Person Classes

Schedule subject to change

Grandville Senior Center
3380 Division, Grandville
Fridays 10:45am

ZOOM classes

Schedule subject to change

Mondays 11am

Call 616-233-0283 for
more information!

*Kent County
Senior Millage*



The Source for Seniors

**Senior
NEIGHBORS**
no longer alone



FLEX
Community
Fitness Classes