

Winter 2023 Class Schedule Effective January 2, 2023 **Subject to change**

- Offered virtually by certified instructors using ZOOM.
- Zoom is available for your use at no cost on a tablet, smart phone, or computer, in the safety and comfort of your home!
- Focus on strengthening, balance, conditioning, flexibility and having fun!
- Are safe and effective for older adults!
- All class donations can be covered under SilverSneakers if you have these benefits on your Medicare advantage plan!
- Suggested donations of \$3.00/class are accepted via mail or online at:
<http://weblink.donorperfect.com/wellnessdonation>

Zoom Schedule

Arthritis Foundation Exercise Program:

Tues. and Thurs. at 10:00am with Darcy

Gentle Yoga:
Mondays 11am

Zoom Fit:

Mondays 10
Thursdays at 9:30am
With Dani

To register for any of these classes, email
jlake@seniorneighbors.org or call 616-233-0283



The Source for Seniors



*Kent County
Senior Millage*