

Plainfield Recreation Department
Plainfield Senior Citizen Center
Seniors 60 + Women and Men Come Join Our
Weekly Fitness Classes

Fee: Each Participants pays \$2.00 per class



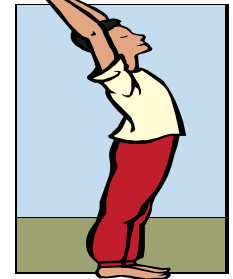
MONDAY 9:00AM Line Dancing

We welcome Jean from the Thompson Senior Center who will be offering line dancing and more. She is well liked in Thompson and we look forward to welcoming her here in Plainfield



TUESDAY 9:00am Self guided exercise with volunteer Jeanne using Exercise programs on the TV. Simple workout—FREE

WEDNESDAY 8:30AM Chair Yoga We welcome Michelle who has been teaching Yoga for our Mom's group. She will inspire you all from a chair to build strength and flexibility



THURSDAY 8:00AM Balance Marie continues with her weekly class helping you building balance and keep you from falling!



FRIDAY 9:00am Dance Movement We welcome Lisa Marie who will have you exercising to dance music similar to Zumba, but with a greater variety of music. You will still feel the beat!



Each participant must complete a registration form in the Recreation Office
Please sign-in at each class.

Coffee/Tea & Snack are Available for after class social
Plainfield Recreation and Senior Center 564-1819

Senior Exercise Classes

(Monday, Wednesday, Thursday and Friday)

Class Fee: \$2.00 per class

**Register at Recreation Office and
sign-in at each class**

