



LEVELS 1-2

TUESDAYS
1 PM - 1:45 PM

THURSDAYS
10:45 AM - 11:30 AM

STARTS MARCH

STRENGTH AND BALANCE TRAINING

FREE FOR SILVER SNEAKERS & SILVER AND FIT MEMBERS

Strength training exercise for older adults. As participants become stronger, they can graduate up to heavier weights. There is no dancing, aerobics, choreography, and we will not get on the floor.

LEVELS 1-2

TUESDAYS AND THURSDAYS
12 PM - 12:50 PM

STARTS:
MARCH 1ST

DEEP WATER EXERCISE CLASSES

Enjoy the non-impact nature of the deep water, using a flotation belt to keep you safe. Non-swimmers are welcome and participants are encouraged to stay in a water depth that keeps them comfortable. Equipment will be provided.

COSTS:

10 Class Pass* \$50, Walk in \$10

*Pass expires 2 month's from 1st class.



INSTRUCTOR:

RENEE MEYST

(760) 751-8949 • RMEYST7@GMAIL.COM

12578 Oaks North Drive • San Diego, CA 92128