

Lumpkin County Senior Center

Bring Water & Wear
Comfortable Shoes



LOW IMPACT/CHAIR EXERCISE CLASSES

for people with mobility or chronic health conditions
that may need a less intense fitness program

PLEASE NOTE:

Exercise type and times are subject to change (except for Tai Chi). For more information, contact Hayley Johnston, Activities Coordinator

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:45am – 10:15am	Balloon Volleyball (downstairs)	Hayley Johnston
	10:30am – 11:15am	Tai Chi for Health	Angie Elmore
Tuesday	9:45am – 10:15am	Chair Exercise (downstairs)	Hayley Johnston
Wednesday	9:45am – 10:15am	Stretch & Flex (downstairs)	Hayley Johnston
Thursday	9:45am – 10:15am	Balloon Volleyball (downstairs)	Hayley Johnston
Friday	9:45am – 10:15am	Chair Exercise (downstairs)	Hayley Johnston