

CITY AND BOROUGH OF SITKA PARKS AND RECREATION

SENIOR EXERCISE CLASSES

TAUGHT BY VOLUNTEER AND FITNESS INSTRUCTOR DOROTHY ORBISON

STRONG AND STEADY

TUESDAYS AND THURSDAYS 1:30PM-2:00PM

FREE CLASS FOCUSED ON REDUCING FALLS BY BUILDING STRENGTH AND MAINTAINING RANGE OF MOTION. SESSIONS WILL INCLUDE A WARMUP PORTION, LIGHT CARDIO, TARGETED STRENGTH EXERCISES, BALANCE CHALLENGES, AND STRETCHING. PORTIONS OF THE CLASS MAY BE PERFORMED WHILE SEATED.



SENIOR STRENGTH

TUESDAYS AND THURSDAYS 2:00PM-3:00PM

FREE CLASS INCLUDING ACTIVITIES TO ADDRESS CARDIOVASCULAR FITNESS, BALANCE AND AGILITY, UPPER BODY AND CORE STRENGTH, AS WELL AS FLEXIBILITY AND RANGE OF MOTION. SOME HAND WEIGHTS AND FLOOR MATS ARE PROVIDED.



BEGINS AUGUST 15

SWAN LAKE SENIOR CENTER
402 LAKE ST

FOR MORE INFORMATION, CONTACT PARKS AND RECREATION BY EMAILING RECREATION@CITYOFSITKA.ORG OR BY CALLING 907.747.4031.

