



winter park  
*community*  
center

# Senior Wellness UNLIMITED Classes

Non-Resident Seniors 55+ \$25.00/Yearly Fee

City of Winter Park Residents FREE w/Rec ID



Fun for Seniors  
**MONDAY**

**Aerobic Jam 9:30-10:30am**

Energize your active lifestyle using low-impact movements

**TUESDAY**

**Tai Chi 9-10am**

Involves a series of movement performed in a slow and focused manner

**Water Aerobics 12-1pm**

Aerobic exercise that takes place in the water and is usually composed of a variety of low impact exercises.

**WEDNESDAY**

**Zumba 9:30-10:30am**

Get moving with the sounds of music, improve your balance, coordination and rhythm.

**THURSDAY**

**Gentle Yoga 9:30-10:30am**

Focuses on balance, coordination, stretching and meditating movements.

**FRIDAY**

**Chair X 9:30-10:30am**

A core strengthening chair cardio class.

**Belly Dancing 10:45-11:45am**

Focuses upon isolating different parts of the body, moving them independently in patterns and weaving them together.

It Starts  
in Parks



**Parks & Recreation Department**

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[www.cityofwinterpark.org/wpcc](http://www.cityofwinterpark.org/wpcc)