

**Exercise classes provide just the right amount of physical activity for our members. There is some form of physical activity class being held on every day of the week to accommodate active senior schedules.**

- **Tai Chi**
- **Line dance lessons**
- **General light aerobics**
- **Yoga/Meditation**
- **Growing Stronger program**
- **Free blood pressure checks monthly**
- **Free hearing evaluations monthly**
- **Fancy Foot Clinic**
- **Lifeline Screenings**
- **Wii game system**
- **Flu Shots**
- **Massage**