

Virtual Exercise with Dee

Workout from home Tuesday and Thursday mornings with our amazing fitness instructor!



Shape Up & Work Out Class

8:30 – 9:30 AM

Description: Shape Up & Work Out is an energetic exercise routine with moderate intensity designed to create a higher calorie burn, improve heart health, improve your mood and a lower risk of mortality. Tuesdays and Thursdays 8:30 – 9:30 AM.



Sit, Stretch & Groove Class

10:00 – 11:00 AM

Description: Sit, Stretch & Groove chair exercises assist with better flexibility and range of motion, increased blood circulation, increased muscle strength, better balance, less joint stiffness and pain, and more. Tuesdays and Thursdays 10:00 – 11:00 AM

Location: Your home! Participate virtually via Zoom. All info provided after registering.

Ages: 55 years old or older.

Date/Time: Tuesdays and Thursdays (Times listed above).

Price: December – \$40



Windsor Senior Services *A division of Recreation & Leisure Services*
(860) 285-1992

LP Wilson Community Center, 599 Matianuck Avenue, Windsor, CT
townofwindsorct.com/senior-services

