

South Lyon Center for Active Adults

MONDAYS

12:45pm - 1:45pm

Class fee: \$4

AGELESS STRENGTH

***Weekly Classes
Led by Stefanie Bethge***

In this class you'll improve your bone density and muscle strength. It's all about maintaining and improving functional ability for daily life. Sessions also include gentle flexibility exercises to keep your joints supple and playful coordination exercises to boost your brain health. Classes may be taken either standing or sitting in a chair and are suitable for every fitness level and ability.

1000 N. Lafayette, South Lyon, MI
Enter through Door #32