

# Fitness Center Classes

Available to seniors (50+). User groups that have costs associated with activities include:

## Exercise Classes - (Separate from fitness center membership.)

<b>Beginner Low Impact Aerobics &amp; Toning</b>	-	<b>\$4.00</b>
<b>Beginning Line Dance Lessons</b>	-	<b>\$2.00</b>
<b>Beginning Yoga</b>	-	<b>\$4.00</b>
<b>Body Conditioning Class</b>	-	<b>\$4.00</b>
<b>Core Strengthening</b>	-	<b>Free</b>
<b>Fit Club with Kelly</b>	-	<b>\$2.00</b>
<b>Full Body Conditioning</b>	-	<b>\$4.00</b>
<b>Line Dance Lessons</b>	-	<b>\$2.00</b>
<b>Seated Tai Chi</b>	-	<b>\$3.00</b>
<b>Step and Body Conditioning</b>	-	<b>\$4.00</b>
<b>Tai-Chi (low impact)</b>	-	<b>\$3.00</b>
<b>Total Body Workout (low impact)</b>	-	<b>\$3.00</b>
<b>Yoga</b>	-	<b>\$4.00</b>

## Fitness Center

<b>Application</b>	-	<b>\$25.00/person</b>
<b>Membership</b>	-	<b>\$50.00 annually</b>
<b>Membership + Walking Track</b>	-	<b>\$60.00 annually</b>

Contact the Joyce Raye Patterson Senior Center for more information:  
(816) 271-4666



<https://www.facebook.com/jrpactivitycenter/>

 **Joyce Raye Patterson**  
**50+ ACTIVITY CENTER**

**FRIENDSHIP · FUN · FITNESS**