



THE PHOEBE NEEDLES CENTER



**JOIN US ON MONDAYS
AND WEDNESDAYS FOR
THE ACTIVE SENIORS
CLASS!**

**THE CLASS OCCURS FROM
10:00 - 11:00 a.m.
@ THE PHOEBE NEEDLES
CENTER**

The Active Seniors Class is a light exercise class for seniors who would like to work on developing strength, mobility, and flexibility at their own pace. The classes are offered every Monday and Wednesday.

Participants are able to use a chair during their exercises as well as have the choice of opting out of any exercise they may not feel comfortable participating in. These classes are offered at no charge and are held at the Phoebe Needles Center.

If you are not sure if the Active Seniors Class is right for you, then feel free to show up and give it a try!

If you plan to attend the Active Seniors class then RSVP to the office through email, pncenter@gmail.com or by phone, (540)-483-1518.

“Motivation is what gets you started, habit is what keeps you going”

-Jim Rohn