





City Council Meeting August 20, 2024



## Senior Center Fitness Classes



- Parks and Recreation values the importance of our Seniors health and wellness. Many fitness classes are offered at each of our locations.
- Senior Fitness Classes provide Social Engagement, improves quality of life, balance and strength and fall prevention.
- Classes offered:
  - Low impact fitness
  - Tai Chi
  - Chair Yoga
  - Chair Salsa
  - Walking Clubs
- Classes are offered Monday-Friday @ 9:00am



## Fitness Classes By the Numbers



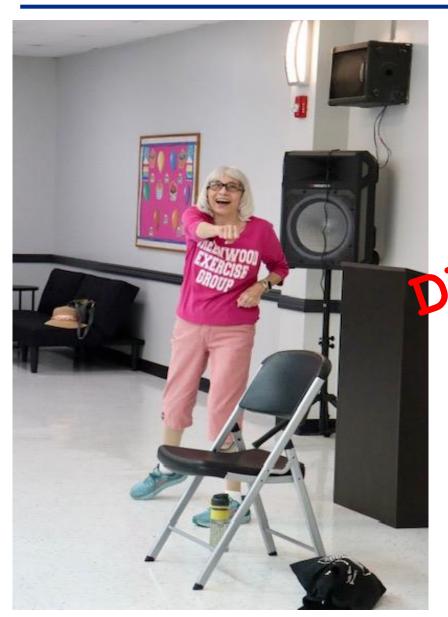


D	Type	2024
	Classes Offered	1,283
	Ratendance	22,840
	Class Duration	45 Min.
	Senior Centers	8



## **Fitness Betty**





 Mrs. Betty Guerro is volunteer fitness instructor for Greenwood, Lindale and Broodmoor Senior Centers.

Mrs. Guerro has been volunteering for 6 years and counting.

- 854 hours volunteered
- 216 classes taught (2024)
  - Low Impact Fitness
  - Tai Chi