



City of Corpus Christi
Senior Center Fitness Program

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 and 10:00am



Fitness Classes By the Numbers



DRAFT

Type	2024
Classes Offered	1,283
Attendance	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