



## OVER 50 CLUB OFFERS EXERCISE FOR SENIORS

Live, virtual exercise classes by Senior Planet from AARP are offered via Zoom at Care Cove, 620 Garfield Ave. Viroqua. These classes have a live instructor projected on a large-screen TV. These are drop-in classes with free-will donations. All are welcome.

**Every Monday & Wednesday, 1-1:45 pm Easy-To-Follow Tai Chi** with Josie. Easy balance & motion with gentle, slow flowing form. Can be done seated as well as standing, by people of all ages and all abilities. Easy to follow along and easy to do. There is no right or left, right or wrong. Just move, breathe flow.

**Every Tuesday & Thursday, 12-12:45 pm Strength & Stability** with Sally Saenger. Increase your strength and improve your balance and flexibility. Seated and standing exercises will be performed to address posture, gait and self-confidence in mobility. Light weights may be used. Includes cardio, strengthening & stretching.

**Please Note- No classes on Monday, January 2, 2023. Classes begin on Tuesday, January 3.**