

THE NEXT STEP SENIOR FITNESS PROGRAM

SPONSORED BY THE HAPPY TIMERS



AGE: 50+ years old

DATES: Mondays & Wednesdays

FEES: \$3 daily drop-in fee (cash only)

TIMES: 9 a.m. - Stretching
10 a.m. - Enhance Fitness

LOCATION: Wicomico Civic Center

All attendees and staff will follow Health Department regulations, including wearing masks and maintaining the 6-foot social distancing guidance.

9 A.M. - STRETCHING

- One hour class.
- First half is in a chair.
- Second half is on the floor with your own yoga mat.
- Come for the entire class or just for what you are comfortable with.
- Enjoy stress relief and increased flexibility.

10 A.M. - ENHANCE FITNESS

- One hour class.
- Incorporates all the elements of physical fitness:
 - Stretching
 - Strength training
 - Upper & lower body exercises
 - Cardio
 - Balance improvement



Questions? Contact 443-523-6555 or reedfrances@aol.com.

Or, visit:

WWW.WICOMICORECANDPARKS.ORG