



HARRISONVILLE
Parks & Recreation



SILVER SNEAKERS

MONDAY, WEDNESDAY & FRIDAY | 8-8:45AM

FREE TO MEMBERS / \$6 DAY PASS NON-MEMBERS

HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT & ACTIVITIES FOR DAILY LIVING.

INSTRUCTOR: BRENDA THOMAS

816.380.8980 | www.HarrisonvilleParks.com