



HARRISONVILLE
Parks & Recreation



SILVERSNEAKERS CIRCUIT

TUESDAY & THURSDAY | 8:30-9:15AM

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

*THIS CLASS ALTERNATES UPPER-BODY WORK WITH
LOW-IMPACT CARDIO TO MAXIMIZE FITNESS
BENEFITS. HELPS BUILD POWER AND ENDURANCE
THROUGH STRENGTH TRAINING.*

INSTRUCTOR: BRENDA THOMAS