

Southern Blair Senior Center Fitness Classes

Monday, Wednesday & Friday

9:00 a.m. Toning

10:00 a.m. Zumba Gold

Tuesday and Thursday

9:30 a.m. Light Aerobics

11:00 a.m. Beginner's Line Dance

Tuesday

1:00 p.m. Advanced Line Dancing .

Wednesday

11:00 a.m. Yoga

