

Exercise Classes at the **SENIOR ACTIVITY CENTER**

**107 South Broad Street,
Gastonia, NC 28052**



**Must be 50 years
of age or better**

Instructor: Lucinda Marlowe

Bodyworks- Cardio Line Dance

(Continuous Class)

Fridays

9:30AM-10:30AM

\$5 Per Class

Instructor: Judy Blankenship

Hatha Yoga

(Continuous Class)

Tuesdays, 3:30PM-5PM

\$5 Per Class



Chair Yoga

(Continuous Class)

Fridays, 11:30AM-12:45PM

\$2 Per Class

Instructor: Betty Woods

Line Dance (High Beginners)

(Continuous Class)

Wednesdays, 1PM-2PM

\$2 Per Class



**For more information, please call
(704) 866-6848 or (704) 866-6842.**