



SILVERSNEAKERS CIRCUIT

FITNESS CLASS

GRAIN VALLEY
MISSOURI

PARKS AND RECREATION



Features standing upper-body strength work alternated with low-impact cardio using a chair for standing support.



Great for an exerciser looking for a moderate-intensity workout. Must exercise in a standing position for a minimum of 30 minutes.



Monday, Wednesday & Friday 10:45a -11:45p



\$2.00 or free to SilverSneakers/Renew Active members