

THE CENTER AT JOURNEY'S WAY

6012 Ridge Ave ♦ Philadelphia, PA 19128 ♦ (215) 487-1750

FITNESS FOR THE BEST LIFE

EAST MEETS WEST

Tai Chi

Tues 1:30 - 2:30 pm

Thurs 2:00 - 3:00 pm

Cost: \$4/class or monthly discount

Build internal energy, improve flexibility, strength & balance. Meditative movement for all levels.

Yoga on Your Seat

Fri 2-3 pm

(New time in May: Mon 1:45-2:45)

Cost: \$4 per class or monthly discount

Gentle Yoga done seated. Learn basic postures and breathing. Increase strength, flexibility, and concentration.

MOVE & SWING

Line Dancing

Weds 10:00 - 11:00 am

Roxborough Baptist Church

\$4/class or monthly discount

Learn line dances from around the world.

All skill levels welcome.

Play Tennis for Life

Weds 11:00 am & 12:30 pm

Cost: \$84 for 12 sessions

Green Valley Country Club

WORKOUT

SilverSneakers Classes ®

Wed/ Fri, 9:30-10:15 a.m.,

No cost if you are covered by your health insurance. All others: \$1.00.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

You must register to take this class! Just call to schedule an appointment, 215-498-1750.

® SilverSneakers is a registered trademark of Healthways Health Support, Inc

Strengthen & Tone

Wed 1:15pm,

Cost: \$1 optional suggested donation

Moderately paced exercise to improve core (trunk) strength and balance.

Funded in part by PCA Prime Time Health

For further information and to register, call (215) 487-1750