

NEW IN NORTH SAINT PAUL!



MSROM

(Muscular Strength and Range of Movement)

Move to the music with exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Tuesday 10:30—11:15am Thursday 10:30—11:15am

Class begins on May 24, 2011

You can take this class even if you are not a member of Silver Sneakers...

Just use your punch pass!

(FREE for Silver Sneakers Members)

For more information on the Silver Sneakers Program, please call 651-249-2230