



SUPER SENIORS is a chair-based exercise class using small balls, and resistance bands. We will work on balance and activities of daily living. We also laugh and have fun!! 😊 We meet on **MONDAYS** and **WEDNESDAYS** at **11:00am**. Classes are 45 minutes long. **(\$2/class)**

Any questions about SUPER SENIORS please call Jodi Olney at 715-634-3000 or email her jodi@seniorresourcecenternorth.org