

Harrisonville Parks & Recreation

SilverSneakers Classic



Join Instructor Bryce Youngblood

Monday, Wednesday, & Friday Mornings

8:30 - 9:15 AM

Class comes Free with a SilverSneakers Membership

HCC Members - \$18*

Non-Members - \$36*

*(*per 6-week session for each weekday registered)*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living.

Register online or for more info. contact Bryce Youngblood, ext. 5990



**HARRISONVILLE
COMMUNITY CENTER**

2400 Jefferson Pkwy Harrisonville, MO 64701

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