



Chair Volleyball!

Tuesdays 9:30am
Simple & FUN!
Sign up at the
entry desk.

Benefits include:

- Increases joint mobility
- Improves cardiovascular fitness
- Enhances/maintains muscle tone & self-esteem
- Builds confidence

WALKERS: We want to find a folks interested in playing Chair Volleyball. It can be played with 4 or 6 players on each side. We can do a different time or weekday if that works better. See Kim for more information.