

West Chester Activity Center

Fitness Programming

Fitness Classes	Dates	Class Times	Member (M) / Series (S) Nonmember (NM)
Classic SilverSneakers®	Mondays, Wednesdays	9:30—10:15 a.m.	Free with SilverSneakers® membership / (M) \$3 / (NM) \$4
Fit for Life	Mondays	10:30-11:00 a.m.	(M) \$6 / 10 for \$50 / (NM) \$8
Chair Yoga	Tuesdays Thursdays	9:30—10:15 a.m. 9:30-10:15 a.m.	Free with SilverSneakers® membership / (M) \$3 / (NM) \$4
Walk “LIVE”	Wednesdays	10:00—10:30 a.m.	(M) \$3 / (NM) \$3



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7900 Cox Road

(513) 779-7360

West Chester, OH 45069

www.community-first.org