

## **Senior-cise Exercise Class**

Meets year around. Monday through Friday mornings, excluding holidays and special events, from 9:00-10:00 AM. Ages 40 and older may participate. Classes are held in the Little Theater room at the Recreation Building, 500 Park Ave. in Riverside Park. Free to participate. This is a low-impact aerobics class. These classes are for all fitness levels and can be modified to each individual's ability.

## **Exercise Equipment**

Monday-Friday from 8:00 am-5:00 pm, excluding holidays and special events. We have the Curves Total Body Workout Equipment and a few other pieces of equipment available for use in the Little Theater room. Individuals 18 years of age and older may use the equipment. Free to use.

## **The Little Theater will be closed on the following dates:**

Holidays: September 4, October 9, November 10, November 23-24, and December 25-26.

Breakfast with Santa: November 30, December 1 & 4.

2024 Holidays: January 1, January 15 and February 19.

Dates may be added to the list throughout the year.

Cancellations: We will announce a canceled class on Facebook, and/or call participants with the current contact list we have on file.

## **City of Iola Recreation Dept. Contact Information**

Recreation Building and Office 500 Park Ave., Riverside Park, Iola, KS

Phone (620) 365-4990

Email recreation@cityofiola.com

Website www.cityofiola.com

Facebook City of Iola – Recreation