

Senior-cise Exercise Class

Meets year around. Monday through Friday mornings, excluding holidays and special events, from 9:00-10:00 a.m. 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 a.m.-5:00 p.m., 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 Room will be closed on the following dates:

February 6 – Close at 2 pm for the basketball game.

February 16 – Holiday, Closed All Day

April 3 – Holiday, Closed All Day

April 24 – After Senior-cise we'll move the exercise equipment out of the room, it will not be put back until the afternoon of April 27.

May 25 – Holiday, Closed All Day

June 18 – After Senior-cise we'll move the exercise equipment out of the room, it will not be put back until the afternoon of June 22.

June 19 – Holiday, Closed All Day

July 3 – Holiday, Closed All Day

July 17 – After Senior-cise we'll move the exercise equipment out of the room, it will not be put back until July 29.

July 20-28 – Allen County Fair, including set up and clean up.

September 7 – Holiday, Closed All Day

October 12 – Holiday, Closed All Day

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