



# SENIOR MOBILITY CLASSES

**FREE TO THE COMMUNITY!**

## DEL CITY COMMUNITY CENTER

Classes provided by the YMCA, with support from the Areawide Aging Agency, focusing on strength, balance, and flexibility through standing or chair-supported exercise.

Wear clothing and footwear you can move in.

You don't need to bring anything other than excitement to get moving!

Classes are designed for active aging adults but all are welcome.

## QUESTIONS?

Elizabeth Duty  
eduty@ymcaokc.org



## WEEKLY SCHEDULE

**S.A.I.L.**

Staying Active and  
Independent for Life

M/W/F 10:45–11:45 a.m.

**Tai Chi**

M/W 1:00–2:00 p.m.

**FOREVERWELL**

M/W 2:15–3:15 p.m.

[ymcaokc.org](http://ymcaokc.org)