



Belpre Senior Center Exercises



From Beginners Tai Chi to Low-Impact Aerobics, the Belpre Senior Center offers a variety of exercises designed to keep seniors moving.

- Monday –**
- 10am – Beginners Tai Chi
 - 11am – Tai Chi
 - 11:45am – Stretch & Strength
 - 2pm - Chair Volleyball
 - 5:30 – Low-Impact Aerobics



- Wednesday -**
- 10am – Chair Volleyball
 - 1pm – Chair Exercise
 - 5:30pm – Low-Impact Aerobics

