

# Join a Class Today!

Regardless of your age or mobility,  
The OC has a class to meet your needs!



## Water Exercise

Get maximum resistance and results with minimal joint impact!

Mondays @ 9am, 10am, and 6:30pm

Tuesdays and Thursdays @ 8am & 9am

Wednesdays @ 9am, 10am, and 6:30pm

10am classes on Mondays and Wednesdays are designed for lowest impact.

## Fitness Classes

Silver Sneakers, Muscular Strength Range of Motion:

Mon @ 11:15am and Wed @ 10:15am

Senior Fit: Tuesdays @ 10:15am, Wed @ 9:15am

Gentle Yoga and Stretch: Wednesdays @ 10:15am

Fitness and Fellowship: Fridays @ 10:15am

(Fitness and Fellowship is 30min of Silver Sneakers, Muscular Strength Range of Motion class followed by 30min of coffee and donut fellowship time.)

You are welcome to join just one or both!



**A Destination  
For Recreation**

Contact Dylan @ 417-581-7002 or [Dylant@ozarkmissouri.com](mailto:Dylant@ozarkmissouri.com) for more information