

Exercise Classes

AT THE SKY VALLEY CENTER

STRETCH & STRENGTH — Taught by Amy

Join Amy for an all-levels yoga class to improve strength, balance, flexibility, coordination, and breath awareness. Chair support/wall is utilized along with blocks, straps, and hand weights as an option.

We will strengthen, open, inspire, and have fun.

Mondays | 9:30 - 10:15AM

GENTLE YOGA — Taught by Amy

Increase flexibility, balance and range of motion as you move through a series of seated and standing yoga poses. Simple breathing techniques will be taught to help ease stress, tension, and help to calm the nervous system. Modifications and chair support utilized.

Mondays | 10:30 - 11:15AM

SENIOR CARDIO — Taught by Loretta

For all ages and levels. Join Loretta to get moving, get your heart rate up, and have fun.

Thursdays | 9:30 - 10:15AM

SENIOR FIT — Taught by Loretta

This class incorporates strength training, balance, and coordination to provide total body conditioning.

Thursdays | 9:30 - 10:15AM



Amy King



Loretta Splan

ONE CLASS

Members: \$3 | Non-Members: \$5

10 CLASS PUNCH CARD

Members: \$27 | Non-Members: \$45

Classes held in Sultan Boys & Girls Club gym | Please check in first at Sky Valley Center

Classes are open to all ages. Participants younger than 14 must be accompanied by an adult (18+). Participants are required to submit registration form and agree to VOA code of conduct prior to participating. Schedule & fees may change. See website for most current information.

Financial assistance is available. Please inquire at the Sky Valley Center.