



Silver Sneakers Fitness Classes at Quirk Cultural Center

Join us for SilverSneakers Classic fitness classes at Quirk Cultural Center in the Dance Studio on the third level!!

Mondays & Wednesdays
1:00 pm

This SilverSneakers class will increase your muscle strength and range of motion to help improve your daily activities. Chairs are available for seated exercises as well as to provide additional support to participants who may want the extra support. All movements can be modified based on ones' personal preference/fitness level.

Please wear comfortable clothes to exercise in and bring water a water bottle. Check in at the front desk prior to class.



Quirk Cultural Center • 1201 Grant Avenue • Cuyahoga Falls, OH • 44223 • (330)-971-8425