



Classes

Inspiring older adults through volunteerism,
enrichment and community connection

Keep Moving and Stay Fit! ...All Year Long! Shepherd's Center Exercise Programs – 5 Days a Week – 3 Locations

Mondays

Weights=Strength=Health with Kacey Cowdery
1-2, Shepherd's Center at Webster Hills UMC
Improve your fitness with exercise using small weights. Building muscle and improving balance will allow you to do the things you want to do. Weights available for use.

Tuesdays

Chair Yoga and More with Jaime Sanchez
11:15-12:15, Harrison Avenue MBC
This chair-based exercise class is a blend of stretching and conditioning done to music.

Wednesdays

WOW! "Walking on Wednesdays"
8:30-9:30, Shepherd's Center at Webster Hills UMC
Keep walking in a safe environment. The gym is open for your use unless there is an event scheduled.

Thursdays

Line Dance with Pat Clark
10-11, Douglass Manor
The wobble, cupid shuffle, electric slide and much more! Wear comfortable shoes, bring a water bottle and be ready to move.

WALKERS WELCOME – Monday through Thursday – 8:00 to 9:30 am
Shepherd's Center at Webster Hills UMC
1333 West Lockwood Ave, Glendale, MO 63122
The Gym will be open unless the church is closed, there is an event going on in the gym or the staff is cleaning the floors.

Fridays

Weights=Strength=Health with Kacey Cowdery
9:30-10:20, Shepherd's Center at Webster Hills UMC
See description at left.

Interval Exercise with Mary Beth Milczak
9:30-10:20, Shepherd's Center at Webster Hills UMC
Five minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated – class suited to all exercise abilities.

Chair Yoga and More with Debbie Daugherty
10:20-11:10, Shepherd's Center at Webster Hills UMC
Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes a variety of seated and standing yoga poses.

Locations

- **Webster Hills UMC** – 1333 W. Lockwood Ave., Glendale, MO 63122
- **Harrison Avenue MBC Annex** – 347 S. Harrison Ave., Kirkwood, MO 63122
- **Douglass Manor** – 548 North Elm, Webster Groves, MO 63119

Some fees apply. For more information and to register, call the Shepherd's Center at 314-395-0988.