

Exercise at the Danube Centre

The fitness classes are held each Monday, Tuesday and Friday at 11 a.m. They are specifically designed to develop, maintain, and strengthen our body during the process as we age. The focus is for each individual to 'Do as much as you can, but don't overdo it'. Our motto is "Motion is Lotion". Each class is different, with a focus on joint stability, strength, balance, flexibility, coordination, agility and mobility.



The aerobics portion of each class helps to develop cardio endurance, as well as flexibility and mind/body coordination. The muscle portion works on maintaining and improving strength and endurance. The stretch portion assists each individual in their personal goals of flexibility and range of movement.

We sing, dance, and generally have a great time together with lots of laughs. Come join us for fun and give it a try. What have you got to lose, other than the possibility of a few pounds?