



Fall is bringing changes .....  
and it's not just the leaves.

## Join Us for New Fall Fitness Classes!

### Land Classes

- **Muscular Strength and Range of Motion (MSROM)** – Silver Sneakers  
M-W-F – 9 AM and Monday at 10 AM
- **Cardio Circuit** – Silver Sneakers  
Tuesday and Thursday – 9 AM
- **Yoga Stretch** – Silver Sneakers  
Tuesday and Thursday – 10 AM

### Pool Classes

- **Silver Splash** – Silver Sneaker  
Friday 10:15 AM
- **Wave Makers** –  
Tuesday and Thursday – 11 AM



### The Center for Health Enhancement

4200 Wornall, Kansas City, MO 64111 Phone: 816.932.3260

#### Hours:

Monday – Thursday – 5:30 AM – 9 PM

Saturday – 8 AM – 6 PM

Friday – 5:30 AM – 7 PM

Sunday – 8 AM – 4 PM

Call for more information!