

Seniors in Motion

Senior exercise class at the Federal Way Senior Center

Meets every Monday, Tuesday and Thursday at 9:30 am



The goal of our program is to focus on strengthening and conditioning the entire body. Participants will strengthen muscles, achieve better balance, improve overall body tone, and enjoy a more positive self-image. This program is also appropriate for older, frail adults.

Contact the Center at 253-838-3604 for more information.