



Senior Chair Volleyball

Sponsored by Estancia Del Sol



Thursdays
11:30am to 12:30pm
Corona Senior Center
921 South Belle Avenue
Corona CA 92882
951.736.2363

Come join us every Thursday in the Main Room. Chair Volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand to eye coordination and endurance. Just remember to have a good time and keep your cheeks in the seat!