Senior Chair Volleyball

Sponsored by Estancia Del Sol

Thursdays

11:00a.m. to 12:30p.m.

Come join us every Thursday in the Main Room. Chair Volleyball is great for upper body mobility and joint flexiblity. 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!

CITY OF CORONA LIBRARY AND RECREATION SERVICES

Corona Senior Center
921 South Belle Avenue
Corona, CA 92882
(951) 736-2363

Estancia Del Sol
MBK SENIOR LIVING