

Senior Fitness Class

EVERY TUESDAY MORNING AT 9

Attention Walkers and Members!

Keep active and stay young with a combination of low impact cardiovascular, strength, and balance training.

This class is **free** to members, or walkers can participate with two holes on punch on your card!

Class is held in the group exercise room located in the fitness center.

Class is instructed
by a certified group
exercise instructor!
All levels welcome!



Senior Fitness
Tuesday 9-10AM

SEE YOU
THERE!