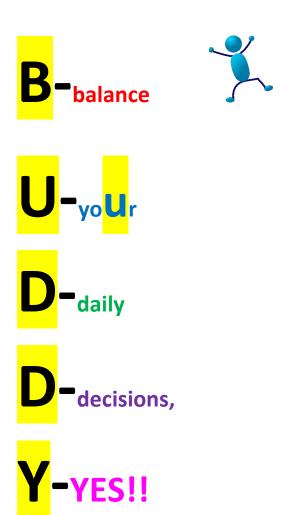
FOUR DAYS A WEEK AT THE SENIOR CENTER TO HELP YOU STAY **ACTIVE**!!!



NEW starting MARCH 7th, 2023

STRENGTH training using dumbbells TWICE a week (Tuesdays and Thursdays)

11:00-11:45am

DROP-IN class

\$2 per class

(SUGGESTION – stay for lunch

upstairs please call-in advance

for reservation)

NOW YOU CAN WORK OUT 4 days a week at the Senior Resource Center!! Mondays and Wednesdays – chair-based class working on balance and activities of daily living (Super Seniors class)

AND NEW Tuesdays and Thursdays – strength training BUDDY class

