

Forever...

Introductory Classes



Fitness for Older Adults (50+)

- 5 week program
- \$1 Drop in
- Pioneer Place
- Thursdays 10-11am
- Begins March 5, 2015

WHY PARTICIPATE?

- ✓ Learn safe movement
- ✓ Develop muscles for everyday coordination
- ✓ Reduce injury and falls
- ✓ Improve and maintain abilities
- ✓ Be Fit and Have Fun!!

- Wear loose fitting clothes and good shoes
- Bring light weights and tubing/bands, if you have (not mandatory)

With Certified Forever...in Motion Leader Sharon Pelletier

For more information contact the Rec Office 768-3833