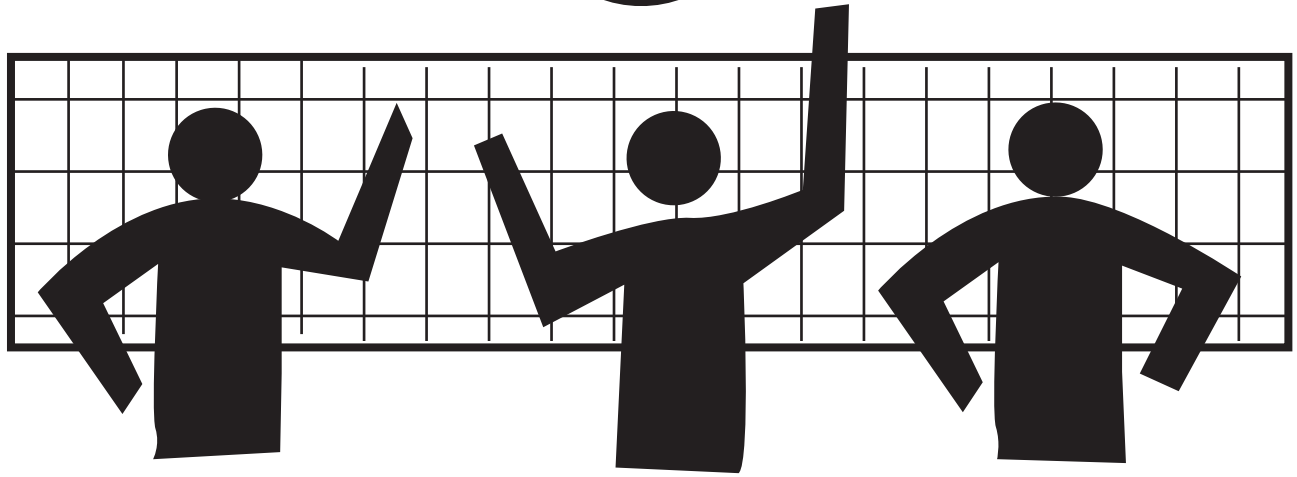


Chair v lleyball!



Tues & Thurs

9:30am

Simple & FUN!

- *Increases joint mobility*
- *Improves cardiovascular fitness*
- *Enhances/maintains muscle tone*
- *Builds confidence*

Sign in when you arrive to play