

**NEW CLASS BEGINS IN SEPT:**

# **Fit 4 Life!**

**Mondays & Wednesdays**

**10:15am - 11:00. Join us!**

*A 45 minute full-body workout for older adults using light weight, resistance bands and exercise balls. A chair is utilized for seated work and standing support.*

**FREE TO NON-MEMBERS IN SEPT!**

*Included in your walking membership after September.*

