



# Fit Over 50!

Tuesdays and Thursdays

10-11:30am

Starting June 1<sup>st</sup> - 24<sup>th</sup>

\$5 / week

(includes two, 1 hour classes)

Come join us for some activity! At *Fit Over 50*, seniors will be led through a warm-up, strength conditioning and stretching in order to improve overall fitness. The purpose of this program is to gather seniors from the community for exercise and fun!

Please show up 10 minutes prior to the start of class to register!!!

Now let's get moving!