

SILVER SNEAKERS

CARDIO-FIT



Fitness with HEART

NEW CLASS TIME

STARTING NOVEMBER 9TH
THURSDAY'S @ THE PCC

GET UP AND GO WITH AN AEROBICS CLASS THAT IS SAFE,
HEART HEALTHY AND GENTLE ON THE JOINTS.
THE WORKOUT INCLUDES EASY-TO-FOLLOW LOW-IMPACT
MOVEMENT AND UPPER BODY STRENGTH, ABDOMINAL
CONDITIONING, STRETCHING AND RELAXATION EXERCISES
DESIGNED TO ENERGIZE YOUR ACTIVE LIFESTYLE.

CLASS TIME: THURSDAY'S
9:00AM – 9:45AM

INSTRUCTOR:
KAREN DESENS

FREE FOR SILVER SNEAKERS & SILVER-N-FIT MEMBERS
\$3.00 PER CLASS FOR NON MEMBERS

