

SILVER SNEAKERS

CARDIO-FIT



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.

THURSDAY'S
9:00AM - 9:45AM
STARTING ON THURSDAY SEPTEMBER 6TH

INSTRUCTOR:
KAREN DESENS

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

