

Coming Soon

June 4th Mon.

Senior Fitness Classes

**Monday, Wednesday, and Fridays
9:00am - 9:45am**

Appropriate for all fitness levels, the instructor will tailor the moves to the needs of those attending. Class will be comprised of Chair Exercises done both standing and sitting.

First two Classes are free!

(So you can decide if you like it!)

After that it is just \$1.00/class pay as you go.

**Or Call Casey Scanlon for more information
541-530-0357**