

STRONG START

**NEW CLASS
STARTING ON
NOVEMBER 3RD**

**7:30 AM TO 8:30 AM
MON. - FRI.**

An exercise program that utilizes diverse techniques to enhance well-being, catering to all fitness levels.

- indoor walking
- chair yoga
- light weights

and other equipment to augment mobility, stability, and fitness



Located at the Activity Center Lobby

**Greg DeCarli #152
Karen Flannery #120**