

ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



MAY SCHEDULE

1ST WEEK OF MAY

MONDAY MAY 1ST - D3 SERVICE CENTER
TUESDAY MAY 2ND - D7 SERVICE CENTER
THURSDAY MAY 4TH - D1 SERVICE CENTER

3RD WEEK OF MAY

MONDAY MAY 15TH - D3 SERVICE CENTER
TUESDAY MAY 16TH - D7 SERVICE CENTER

4TH WEEK OF MAY

MONDAY MAY 22ND - D3 SERVICE CENTER
TUESDAY MAY 23RD - D7 SERVICE CENTER
WEDNESDAY MAY 24TH - D2 SERVICE CENTER

5TH WEEK OF MAY

MONDAY MAY 29TH - D3 SERVICE CENTER
TUESDAY MAY 30TH - D7 SERVICE CENTER
WEDNESDAY MAY 31ST - D2 SERVICE CENTER

CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS

FOR MORE INFORMATION CALL (520) 562-2026 OR YOUR LOCAL ELDER CENTER.