

ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



SEPTEMBER SCHEDULE

TUESDAY

SEPT. 5 | D7 | 10AM
SEPT. 12 | D7 | 10AM
SEPT. 19 | D7 | 10AM
SEPT. 26 | D7 | 10AM

WEDNESDAY

SEPT. 6 | D2 | 1PM
SEPT. 13 | D2 | 1PM
SEPT. 20 | D2 | 1PM
SEPT. 27 | D2 | 1PM

THURSDAY

SEPT. 7 | D1 | 10AM
SEPT. 14 | D1 | 10AM
SEPT. 21 | D1 | 10AM
SEPT. 28 | D1 | 10AM

CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS

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