

ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



NOVEMBER SCHEDULE

MONDAY

NOV. 06TH – D3 AT 10AM
NOV. 13TH – D3 AT 10AM
NOV. 20TH – D3 AT 10AM
NOV. 27TH – D3 AT 10AM

TUESDAY

NOV. 14TH – D7 AT 10AM
NOV. 21ST – D7 AT 10AM
NOV. 28TH – D7 AT 10AM

WEDNESDAY

NOV. 01ST – D2 AT 1PM
NOV. 08TH – D2 AT 1PM
NOV. 15TH – D2 AT 1PM
NOV. 22ND – D2 AT 1PM
NOV. 29TH – D2 AT 1PM

THURSDAY

NOV. 02ND – D1 AT 10AM
NOV. 09TH – D1 AT 10AM
NOV. 16TH – D1 AT 10AM
NOV. 30TH – D1 AT 10AM

CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS

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