

ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



FEBRUARY SCHEDULE

MONDAY

FEB. 19TH - D3 AT 10AM
FEB. 26TH - D3 AT 10AM

TUESDAY

FEB. 20TH - D7 AT 10AM
FEB. 27TH - D7 AT 10AM

THURSDAY

FEB. 1ST - D1 AT 10AM
FEB. 8TH - D1 AT 10AM
FEB. 15TH - D1 AT 10AM
FEB. 22ND - D1 AT 10AM

CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS

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