

# ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



## MARCH SCHEDULE

### MONDAY

MARCH 18<sup>TH</sup> - D3 AT 10AM  
MARCH 25<sup>TH</sup> - D3 AT 10AM

### TUESDAY

MARCH 19<sup>TH</sup> - D7 AT 10AM  
MARCH 26<sup>TH</sup> - D7 AT 10AM

### THURSDAY

MARCH 7<sup>TH</sup> - D1 AT 10AM  
MARCH 14<sup>TH</sup> - D1 AT 10AM  
MARCH 21<sup>ST</sup> - D1 AT 10AM

**CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS**

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