

ELDER FITNESS

COME LEARN HOW TO STAY ACTIVE & MOBILE



SEPTEMBER

MONDAYS

10AM D5 Elder Chair Yoga

1PM D2 Elder Chair VB Practice

WEDNESDAYS

10AM D3 Elder Mobility

D7 Elder Fitness

FRIDAYS

9AM D3 Elder Education (Stress Relief)

CLASSES ARE PROVIDED BY TRIBAL RECREATION & WELLNESS

MASKS ARE REQUIRED



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