



ELDER FITNESS

NOVEMBER

MONDAY

D5 Elder Chair Yoga – 1pm

TUESDAY

D7 Elder Fitness – 10am

D3 Elder Mobility – 10am

THURSDAY

D4 Elder Fitness – 10am

D4 Elder Dance Class – 5pm

FRIDAY

D5 Elder Chair Yoga – 10am

Bring your own water.

Call (520) 562-2026 for more information.