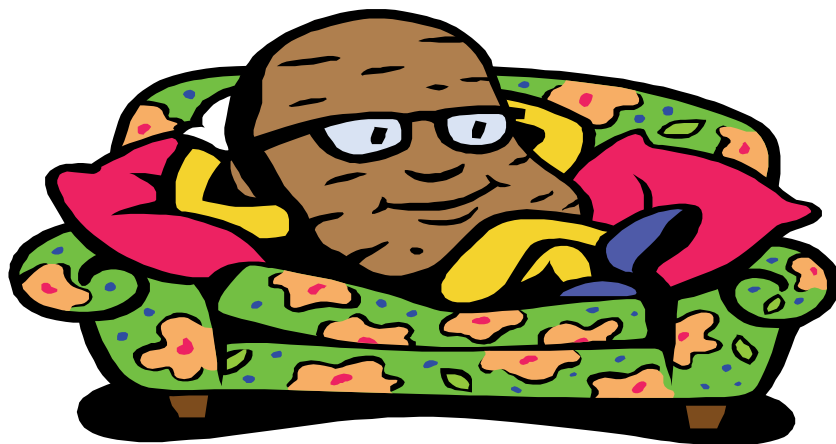


Seniors, you asked for it... EXERCISE OPPORTUNITIES!!!



Are you a Couch Potato?

2010 Senior Center Exercise Schedule



DAILY—WALKING PROGRAM:

Join the group! From Seniors to school-aged children, we are walking the halls at Sabathani. **Nine laps equal ONE MILE.** Call 821-2306 for information. **no cost.**

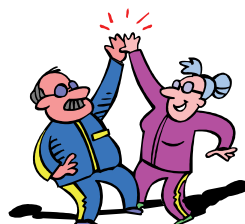
MONDAY—SENIOR CHAIR EXERCISES:

Class participants remain seated while doing a series of stretching exercises. 10:30 AM, Mondays in the Senior Center, **no fee.** Call 821-2306 for more information.



TUESDAY—DANCE:

Learn and **have fun** as part of the “StillKickin’” Senior Dancers. 1:30 PM, Tuesdays except 2nd Tuesday each month, **no fee.**



WEDNESDAY—SABATHANI GYM:

Stretch, cardiovascular, range of motion exercise, & strength training with Georgia. 1:00 to 2:00 PM, **no cost.** Call Georgia, 821-2307.

Sabathani Senior Center, 821-2306