

Senior Strength

EASY TO DO • MEN & WOMEN WELCOME



90 years old or younger can do this class!

- *Stretching, Flexibility and Balance*
- *Build Your Strength and Self-Confidence*
- *Keep Your Independence and Balance*
- *Using 2 lb. or 12 lb. Weights*

\$5.00/class

Free Trial Classes

June 27th & June 29th
10:00-11:00am

Trish 920-407-1361

Readfield/Caledonia Community Center
E9181 State Road 96, Readfield, WI