

Senior FITNESS

Every Tuesday and Thursday **class**
9:30 am – 10:30 am



WHAT

A fun and friendly class for seniors of all fitness levels taught by Beverly Beatty, Certified Advanced Health and Fitness Instructor

WHEN

Tuesday & Thursday
from
9:30 am – 10:30 am

LOCATION

St. John Fisher
PAC Gym

COST

\$5/session or 6
sessions for \$25

REGISTRATION

Sign-up in the gym

EQUIPMENT NEEDED

Comfortable clothes, a
towel and water.

HOSTED BY

SJF Women's Council
&
Misty Jesse, Director of
Evangelization
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