

# Senior FITNESS class

Every Tuesday and Thursday  
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  
&  
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