

St. John Fisher Office of Faith Formation Presents

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.