



In cooperation
with FUMC



**FOR
AGES
60+**

\$30 A MONTH

\$10 DROP IN CLASS

**WEDNESDAY'S
FROM
9:15-10AM**

- **ALL fitness levels welcome**
- **Focus on maintaining & building strength**
- **Training to increase & sustain mobility & agility**

Registration Required

Contact: Katie Werner, CPT

724-991-7299

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