

Beginner-Level Exercise Class for SENIORS



10-Week Program

Group Exercise + Lifestyle Class

Exercise 60 minutes
Tuesdays, Wednesdays, &
Thursdays + 30-minute
lifestyle class after exercise
on Wednesdays

10-week Follow-Up Phone Call with Free Consultation

Have Fun and Get Healthier

A Successful Program Based on the Latest Research

Sign up today, **free** for all
seniors! Suggested donation
of \$20, but not required.

Please join us if...

- 1) You are over the age of 60 and
- 2) You exercise less than 60 minutes each week

LOCATION

Berlin Senior Center
142 Water Street, Berlin, WI 54923

TIME

September 13 – November 17, 2022
Tuesdays (1-2pm), Wednesdays (1-2:30pm), &
Thursdays (1-2pm)

COST

Free for all seniors! Suggested donation of \$20, but not
required.

TO REGISTER

Contact Amanda with the ADRC at (920) 787-6666.