

Beginner-Level Exercise Class for SENIORS



10-Week Program

Group Exercise + Lifestyle Class

Exercise 60 minutes
Mondays, Wednesdays, &
Fridays + 45-minute lifestyle
class after exercise on
Mondays

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!

Please join us if...

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

LOCATION

Redgranite Fire Department
135 E. Bannerman Ave, Redgranite, WI 54970

TIME

Starts September 13 – November 19, 2021
Mondays (9:30-11:15am), Wednesdays (9:30-10:30am), &
Fridays (9:30-10:30 am)

COST

Free for all seniors!

TO REGISTER

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