

Fitness Over 50: 2009 Schedule

- * One hour class designed especially for the mature adult. This class includes a variety of aerobic and strength training exercises to enhance a healthy lifestyle.
- * Tuesday and Thursday
- * 9:00 A.M. – 10:00 A.M.
- * Instructor: Debbie
- * Cost Free for Wellness Center Members
- * \$20.00 for Non-Wellness Center Members
- * Session One:
* February 3 – March 12
- * Session Two:
* March 17 – April 23
- * Session Three:
* April 28 – June 4
- * Session Four:
* June 9 – July 16
- * Session Five:
* July 21 – August 27
- * Session Six:
* September 1 – October 8
- * Session Seven:
* October 13 – November 19
- * Session Eight:
* November 24 –December 31

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