

# 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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