**SENIOR EXERCISE PROGRAM AT WATERLOO TOWNSHIP HALL**

 **9773 MT HOPE RD, MUNITH, MI 49259**

**2023 SCHEDULE: EVERY MONDAY, WEDNESDAY & FRIDAY 9:30AM TO 10:30AM**

**FITNESS CLASS FOR PEOPLE OVER 55(AND YOUNGER ADULTS WORKING TO RECOVER THEIR HEALTH)**

**JOIN US FOR 55 MINUTE CLASS THAT WILL HELP YOU GAIN AND MAINTAIN MOBILITY, STRENGTH AND BALANCE THROUGH:**

* **STRENGTH TRAINING WITH RESISTANCE BANDS**
* **BALANCE EXERCISES**
* **AEROBIC ACTIVITIES**

**NOTE: INDIVIDUALS WORK TO THEIR OWN ABILITY**

**$2.00 SUGGESTED DONATION (FIRST CLASS IS FREE)**

**ANY QUESTIONS PLEASE CALL HILLARY MUSCATO 734-732-8976**