



## **SENIOR EXERCISE WITH HILLARY**

Fitness Class 55 and over (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. You can greatly extend the years that you are able to live independently through:

- Strength training and resistance bands
- Balance exercises
- Aerobic activities
- Individuals work to **their own** ability

JOIN US MONDAY, WEDNESDAY AND FRIDAY 9:30AM – 10:30 AM

WATERLOO TOWNSHIP HALL/ 9773 MT. HOPE RD/MUNITH, MI 49259

THE FIRST CLASS IS FREE! \$2.00 SUGGESTED DONATION

**QUESTIONS CALL HILLARY MUSCATO (734) 732-8976**