



SENIOR CIRCUIT TRAINING

7 WEEKS \$70

SEPTEMBER 13TH-OCTOBER 25
FRIDAYS 10:30AM-11:30AM
REGISTRATION AUGUST 14

Small Group Training is designed to help older active adults improve their strength , balance and stability in a safe and engaging environment. Members will use various fitness equipment in stations. This is for all different fitness levels hoping to stay active and fit.

PLEASE CONTACT BRENDA.WERNEIWSKEI@YMCAOFMEWSA.ORG

