



If you are interested in improving your fitness level, managing your arthritis, or do not know the meaning of physical activity, then the Fit & Strong! program is for you!

Here are the quick facts:

- Fit & Strong classes begin Monday, Sept 26 through Friday, Nov 18, 2011
- Classes are on Mon, Wed, Fri from 12:30-2p
- Course lasts for 8 weeks
- Targets those who are not currently involved in a regular exercise program
- Program contains exercise and educational components
- **It's FUN!!**
- Vicki Tilley, Allison Hubbard, and Stephani Deberry are the instructors

See what others have said about Fit & Strong!

- * *"I really enjoyed everything, and I learned how to do it at home."*
- * *"The variety of activities made the program fun and fast."*
- * *"Exercises were appropriate for people with joint problems; not too strenuous."*
- * *"I enjoyed the class because I can now stretch my right leg all the way out."*
- * *"The class made it possible for me to have better movement in joints with less pain."*
- * *Exercise routines: "...were easy and if I couldn't do them, then I could modify them."*
- * *"I enjoyed the class. The class has motivated me to improve physically."*
- * *"I like group exercise. It helps me work harder."*

Sign up TODAY!!



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