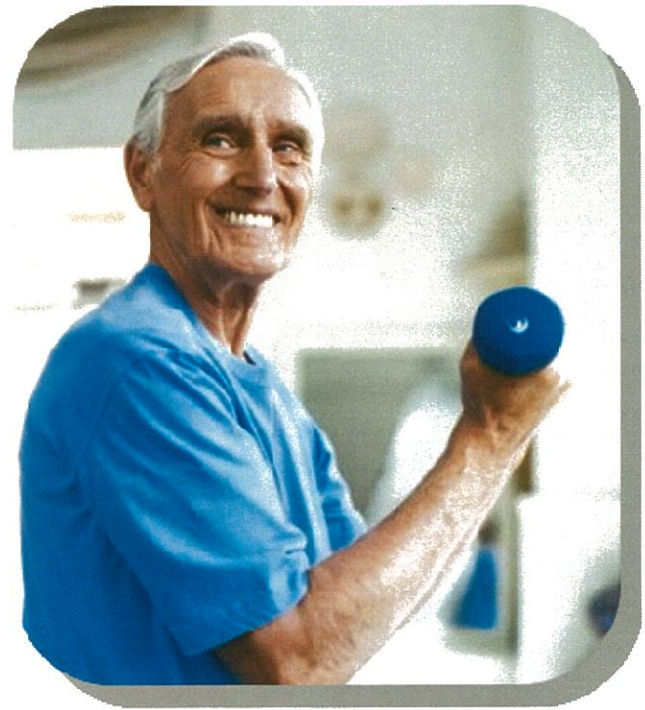


Balance, Strength & Fun!

***Glenwood Place Sponsors:
Live 2 B Healthy Senior Fitness***

**Exercise Classes every
Monday, Wednesday & Fridays
10:00am – 11:00am**



By attending class you will:

- Improve your balance
- Increase overall strength
- Have a lot of fun!!

**Lead by a Certified Personal
Trainer, classes are designed to
be fun and energizing!**

**Live 2 B
HEALTHY
SENIOR FITNESS**

**For more information, please contact:
Kayla or Pam**

See *YOU* there!