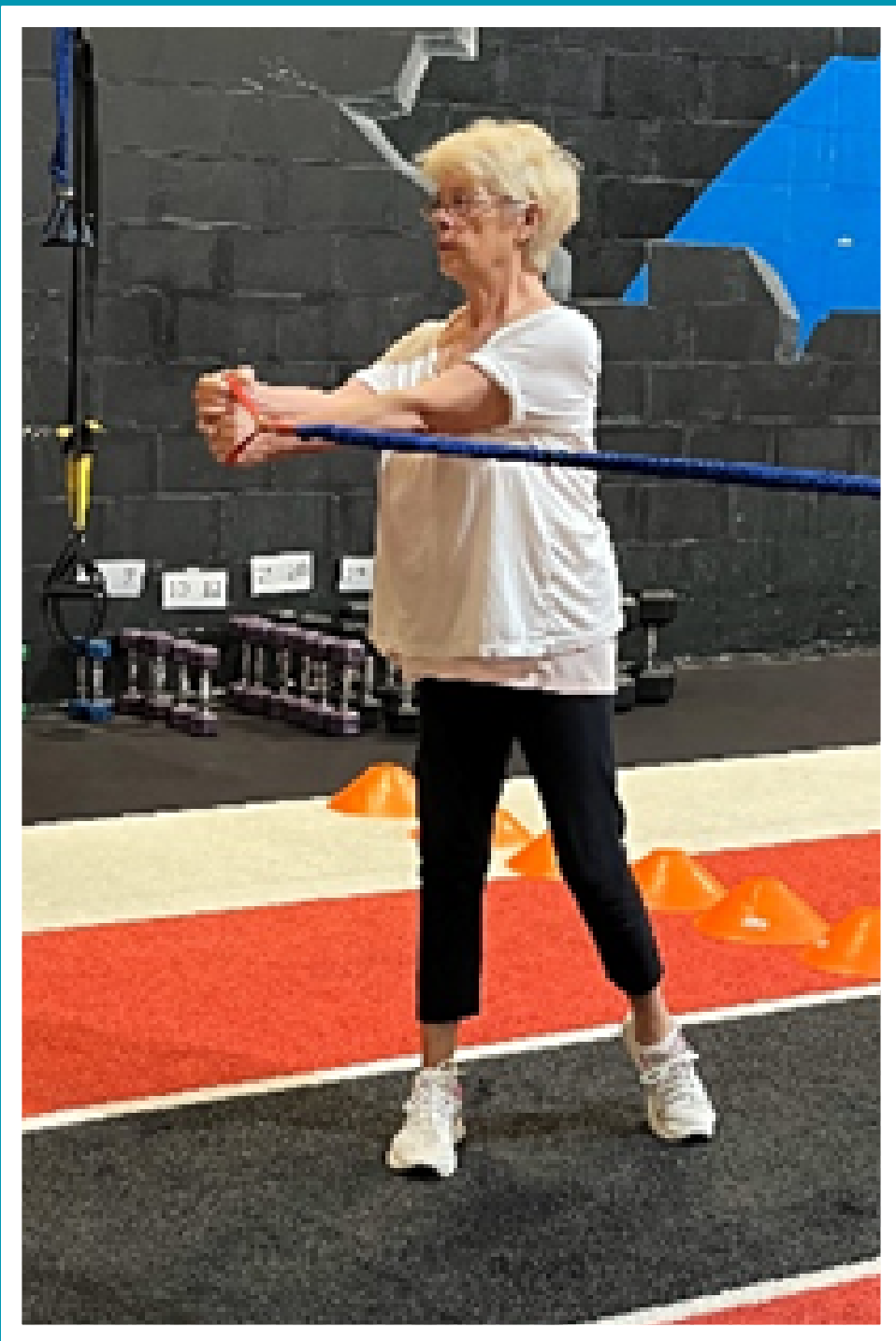


Functional Aging Fitness Class



Improve your balance, coordination, strength, & mobility with functional group training for seniors. Take preventative action to reduce falls, maintain bone mineral density, and stay active, healthy, and independent!

All abilities are welcome!

Tuesdays & Thursdays
10:15 AM - 11 AM

FREE for all members!
65 & older
No sign up necessary



Email questions to elizabethfairportfitness@gmail.com