



WITNESS 4 FITNESS SENIOR WALKING CLUB

FREE TO ALL SENIORS
TUESDAYS AND THURSDAYS

Join Dr. Ernie Smith as he motivates and instructs our seniors on proper stretching and endurance building!!

"GETTING STRONGER, LIVING LONGER"

WALKING BEGINS AT 8:00AM
CHAIR STRETCHING BEGINS AT 9:00AM
(STRETCHING TAKES PLACE AT CHEER MAT)

