

THERE ARE LOTS OF WAYS FOR SENIORS TO GET IN SHAPE...



If skydiving, boxing, hiring a personal trainer or weight training are not your thing, the Brewer Parks and Recreation Department would like to highly recommend our

SENIOR FITNESS CLASS

Work at your own pace with a class that focuses on stretching, improving balance, strength, marching for cardio with plenty of good friends and conversation.

Mondays, Wednesdays and Fridays

October 2, 2023 - May 31, 2024*

9:00 - 10:00 a.m.

at the Ferris Community Center

318 Wilson Street Brewer

\$2.00 per class, pay as you go

(all participants must complete a registration form)

** Class times will occasionally be effected by the school calendar.
A monthly calendar will be available to all participants.*

Call 989 - 5199 for more information.