



SUNBIRD FITNESS FOR ACTIVE OLDER ADULTS

FOR ALL LEVELS OF ACTIVE ADULT 55-90+

**MONDAYS 1100 A.M.
FRIDAYS AT 1030 A.M.**

WE HAVE A GREAT TIME TRAINING TOGETHER TO:

STRENGTHEN OUR BODIES

INCREASE COORDINATION AND BALANCE

TONE UP MUSCLES

INCREASE ENERGY

INCREASE POSITIVE MOOD

AND OF COURSE SOCIALIZE!!!!

CALL CATT 480-707-9317

FIRST TIME FREE

\$4 FOR A 45 MINUTE SESSION.