

SUNBIRD SENIOR FITNESS CLASS



**MONDAY,
WEDNESDAY, FRIDAY
AT 11:00 am
NAVAJO ROOM
FOR MEN AND WOMEN**

**GAIN BETTER BALANCE, STRENGTH,
INCREASE BONE DENSITY,
DEVELOP BETTER MUSCLE TONE,
GAIN ENERGY, GET BETTER SLEEP,
AND LOSE OR GAIN WEIGHT**

\$4.00 – (FIRST CLASS FREE)

**CALL CATT
FOR MORE
INFORMATION
480-707-9317**

