

FREE!

Fitness Class



Foundation

GET UP OFF YOUR ROCKER!

Get up off your rocker and head to Chrissy's low impact exercise class! If you aren't crazy about exercising this is the perfect class for you. Enjoy light movement exercises set to music with a few dance moves mixed in!

AGES
55 &
OLDER

BEGINS APRIL 26!
FRIDAYS, 10:30-11:30AM
GIFFORD AQUATIC CENTER
4895 43rd Ave. Vero Beach

BEGINS MAY 6!
MONDAYS, 10:30-11:30AM
DEPT OF HEALTH
WABASSO SITE
8445 64th Ave. Wabasso



Instructed by Chrissy M.
For more information call 772-226-1780.
www.indianriver.gov/parksandrecreation