

Midday Exercise Club

Guided, Moderate Exercise

When: Mondays, Wednesdays and Fridays, 1–3 pm.

Start date: Jan 23, 2012.

Participants: De-conditioned adults; adults with chronic health issues; adults looking for professional or social support for their exercise; beginners looking for help getting started.

Getting Started: First, check with your physician to be sure you are ready for a moderate, supervised, individualized exercise program.

Then, call 775-9916 to set up your first visit.

Wear comfortable clothing appropriate for physical activity to your first session.