

ALLIANCE RECREATION DEPARTMENT'S **SENIOR FITNESS**

**NOT YOUR ORDINARY
SENIORS!**



JOIN OUR CLASS!

**We meet Tuesday and Thursday
Mornings from 9-9:45a.m.
at First Christian Church
on Beech St.**

**Please bring a monetary donation
for the church's
food pantry.**

**This class offers a high energy,
low impact workout that is
challenging and fun. Come for
stretching, aerobics,
weights and fun!**

More info. 330-821-2260

***Please bring a
water bottle.**



**ALLIANCE PARKS
& RECREATION DEPT.**

