

GET IN SHAPE & FEEL GREAT!

WEEKLY EXERCISE CLASS SCHEDULE

Low Impact Aerobics & Body Sculpting Classes
Mondays & Wednesdays, 5:00-6:00 p.m.

Archina Yoga Classes
Tuesdays & Thursdays, 5:30-6:30 p.m.

Senior Stretch Light Exercise Classes
Tuesdays & Thursdays, 8:30-9:30 a.m.

These classes take place at the Continuous Learning Center of Marlette Regional Hospital,
Room 101, 3270 Wilson Street in Marlette.

For info or to register call Judy Mahaffy at 989.635.4349.