



Michael's Wellness Center Presents

****NEW* SENIOR FIT CLASS***

"I've Fallen, and I CAN Get Up!"



Was \$139.00, Now \$99.00 for 8 weeks, Now Enrolling, Expires 1/31/18

Pre-Register Today, Class size limited to 10 people!!!

Mondays & Wednesdays at 10:30 a.m. - 11:30 a.m. beginning January 15, 2018

- Learn Stability, Mobility, Balance & Functional Fitness For Seniors
- Recommended for 55+, caregivers & elderly parents who need to learn corrective exercises to lengthen, strengthen and stabilize weak muscles to help reduce risk factors of falling
 - Please bring your walker if you have one!

Call 661-803-6568 today! Payment Plan available.

211 East Avenue K-6, Suite C, Lancaster 93535, off of Division Street, behind Fed Ex

www.michaelswellnesscenter.com