



120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ occoa@occoaonline.org
989.732.1122 ✧ www.OtsegoCountyCOA.org



Presents...

Young At Heart

Aerobic Exercise

**Exercise and Good Nutrition...
An Important Part of Successful Aging!**

Gentle aerobics and light weights for all ages.

Certified exercise instructors and assistants
provide the leadership for this program.

Monday | Wednesday | Friday

10:30 to 11:30am

PowerHouse Gym | Gaylord

\$3/Session

Walk-in's Welcome!

GYM MEMBERSHIP NOT REQUIRED



■ TRANSPORTATION ■

For those needing transportation, the Otsego County Bus System is encouraged and recommended.
989.732.6224

■ CANCELLATIONS ■

If the OCCOA is closed due to poor weather conditions, it will be announced on EAGLE 101.5 in the morning. For your safety and well-being, this means that all OCCOA sponsored activities will be cancelled. All programs are cancelled on holidays that OCCOA is closed.
Call 989.732.1122 for more information.