

Young At Heart

Exercise Class

**Monday
Wednesday
&
Friday**
10:30 a.m.-11:30 a.m.

Powerhouse Gym

Cost: \$3.00 per session
*Funding available for those
needing financial assistance.*

WALK IN'S WELCOME !



About The Program

The "Young at Heart" exercise program is gentle aerobics and light weights, for all ages.

Along with good nutrition, exercise is an important part of successful living.

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

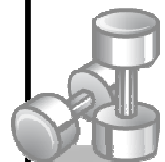
For those needing transportation, the Otsego County Bus System is encouraged and recommended.
Call (989)732-6224

"NO Gym Membership Needed"

If the Otsego County Commission on Aging is closed due to poor weather conditions, it will be announced on EAGLE 101.5 radio station in the morning. For your safety and well-being, this means that all OCCOA sponsored activities will be cancelled including "Young at Heart" exercise classes.

Programs cancelled on holidays that OCCOA is closed.

Call OCCOA at (989)732-1122 for more information!



Sponsored by the Otsego County Commission on Aging