

EXERCISE CLASS



Adult Strengthen, Stretch and Balance

Monday,
Wednesday
and Friday

11am-12 noon



RSVP to stay for a nutritious and delicious
Volunteers of America sponsored lunch @ 12:15

Gilpin Community Center 250 Norton Drive, Black Hawk
Dance Studio

This Fitness Class is designed for mature adults to enhance cardiovascular
endurance, muscular strength, flexibility and balance.

Free to Gilpin County Seniors 60 and older

(paid for by donations)

Call Mary Ellen for information or to donate 303-515-4292

Gilpin Community Center 303-582-1453