

Dusty Sneakers

Workout

Bring Sneakers
Water Bottle
50 Cents for
Activity Pot

Location Pabineau Community Center
Open to men & women ages 50+

Every Monday
5:00pm to 6:00pm
Starting
February 28th, 2011

This class is designed especially for our active older adult participants.
It includes a bit of everything for your body to help energize you for your day.

Your Licensed Instructor Boots Adams will keep you smiling and having fun,
and before you know it....you'll have had a great workout!

