

**AMBROSE RECREATION & PARK DISTRICT  
& Senior Outreach Services**

**FREE**

***WEEKLY EXERCISE CLASS  
A FITNESS CLASS DESIGNED ESPECIALLY FOR SENIORS***

**MONDAYS & WEDNESDAYS  
10:30 AM TO 11:30 AM  
BEGINNING MONDAY, FEBRUARY 14TH**

**Ambrose Recreation Center  
3105 Willow Pass Road, Bay Point, CA**

**For additional information contact:  
Ambrose Recreation & Park District at 925-458-1601**



**Healthy living is a lifelong choice and regular exercise is a major factor in maintaining "quality of life", especially in our "golden" or "silver" years! Moderate exercise has many benefits including: improving blood circulation, lowering blood pressure, increasing metabolism, aiding digestion, increasing flexibility, reducing body weight and feeling better by maintaining an active life style.**

**Classes are designed to be fun! Seated and standing easy stretching and muscle toning - put on your comfortable clothes and shoes - Come check it out and join me for an hour of fitness fun!**

**Michele Dear**