

Adult Exercise Class

- Exercises to increase strength and balance and to help control weight gain
- Geared towards the 40 to 60 year olds-but all ages are welcome
- For both men and women



- ♦ **Mondays and Thursdays**
- ♦ **7:00 to 8:00 PM**
- ♦ **Cottonwood Community Hall**
- ♦ **Questions call 962-2327**
- ♦ **\$10 per month**
- ♦ **Facilitated by Shelli Schumacher and Cheri Holthaus**



St. Mary's

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