ADULT EXERCISE CLASS

NEW FALL SESSION BEGINS SEPTEMBER 11TH

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

- **Mondays and Thursdays**
- 6:30 to 7:30 PM
- Cottonwood Community Hall
- Questions call 962-2327
- $10 per month
- Facilitated by Shelli Schumacher and Cheri Holthaus

St. Mary's | Hospital and Clinics

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