

ACTIVE OLDER ADULTS

A.O.A.



Friday Fitness & Fellowship



This **NEW** program has been tailor made for **Active Older Adults! Friday Fitness & Fellowship** is a low impact program perfect for health minded adults who would like to work out in a social setting while staying up to date on current health topics and trends.

Friday Fitness & Fellowship offers a 20 minute low impact class followed by a healthy snack and guest speaker.

Beginning Friday **December 16th** and every Friday there after.

Held in the YMCA gymnasium from **9:15 am -10:15 am.**

FREE for members

\$5 for non-members



Richmond Family YMCA
2023 Chester Boulevard
P 765 962 7504
F 765 962 7506

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