



STEPPIN' UP

Wednesdays @ 9:00 am

55+ 374 First Street W, Stonewall
(Odd Fellows Hall)



NOTE: On Monthly Luncheon Day Class is 45 min.

This program supports and encourages **ALL** adults to embrace an active lifestyle.



- Self-sustaining
- Accessible
- High quality
- NO COST

Steppin' Up is a peer led exercise program for men & women!



NOW ALSO OFFERED AT:
SPRUCEWOOD PLACE, Balmoral

Wednesdays @ 11:00 AM
45 Minute Class



Steppin' Up Instructors Needed!

FREE training provided



- Do You Enjoy Exercising with a Group?
- Do You Have 1 to 2 hours per month to Volunteer?