

# Free Exercise Programs:

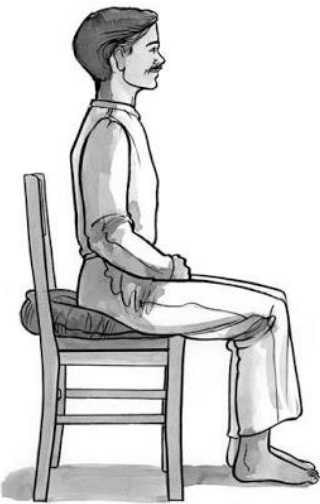
## Walking

Wednesday & Friday @ 10:00



## Chair Exercises

Wednesday & Friday @ 10:30



## Steppin' Up

Wednesday @ 9:30



## Steppin' Out

Tuesday @ 10:30

