

# ***STEPPIN' UP***

**Wednesdays @ 9:30**

Steppin' Up is a peer led exercise program. This class supports and encourages all adults to embrace an active lifestyle by offering self-sustaining, accessible, high quality, no cost exercise.

# ***STEPPIN' UP***

**Back to Basics**

**Fridays @ 10:30**

***Suitable for all fitness levels***

Every Day for Life!  
Be Active, Your Way.



Age is no barrier

NEW  
CLASS!!