

# STEPPIN' UP

**Resumes January 3<sup>rd</sup>**

**Wednesdays**

**@ 9:00**



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



This class supports and encourages all adults to embrace an active lifestyle by offering self-sustaining, accessible, high quality, no cost exercise.

**Every Day for Life!**

**Be Active, Your Way.**



**Age is no barrier**