

# STEPPIN' UP

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

## 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



**NEW**

**NOW ALSO OFFERED AT:**

***SPRUCEWOOD PLACE, Balmoral***

**TUESDAYS @ 11:00 AM**

**45 Minute Class**

