

NEW YEAR NEW YOU

NEW ***FREE*** FITNESS CLASSES
for individuals 60 years of age and older!

Please join our new instructor, Michele Miller,
at the Northern Blair Senior Center for
Exercisin' with the Oldies!



Mondays, Wednesdays and Fridays

8:00 a.m. - 9:00 a.m.

Tuesdays and Thursdays

9:00 a.m. - 10:00 a.m.

*** Classes begin on Monday, February 11 ***

Exercisin' to the Oldies is a moderate impact, music lead
exercise class that is designed to get you movin' and
groovin' with music from the oldies!



**BLAIR SENIOR
SERVICES**

AREA AGENCY ON AGING

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