

**BAY COUNTY DIVISION ON AGING  
IN COOPERATION WITH  
BAY COUNTY COMMUNITY CENTER**

**SENIOR FIT IN 30 MINUTES ~WITH BETH**

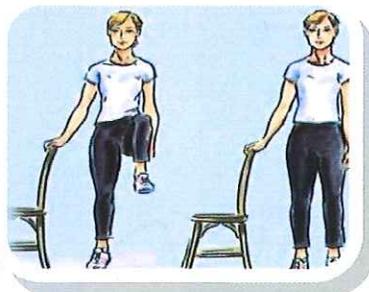
A new class opportunity with Beth Trahan, Bay County Recreation Assistant ~ especially geared to the 60 plus age group. Exercises for everyone especially those who tend to experience—weakness, balance issues, diminished range of motion. Exercises can be done standing or seated. This class will be geared to the beginning exerciser . Last class as an added experience Cathy Sujkowski, RN/Matter of Balance Instruction will speak on “Attitude is Everything”.

Location: Community Center Small Gym, 800 J. F. Kennedy Drive, Bay City, 48706

Starting—October 1—October 22, 2013  
4 week class session

Tuesdays

11:00 ~ 11:30 a.m. class  
12:00 noon lunch



Fee:

\$ 8.00 Class Fee  
\$3.00 Drop in Basis  
\$2.50 (60 yrs. +) lunch suggested donation  
\$4.75 (59 & under) lunch fee

Choice of entrée, salad or sandwich available  
For complete menu call Sandy at 893-7070  
For information on the class call Beth at 894-0671

Registration form can be mailed or dropped off to the Community Center attn.: Beth  
visit our web page at [www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/)

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address or email: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Indicate if Release and Waiver of Liability is on file: Yes: \_\_\_\_\_ No need to sign: \_\_\_\_\_

Indicate: class \_\_\_\_\_ drop in \_\_\_\_\_ meal choice: entrée \_\_\_\_\_ salad \_\_\_\_\_ sandwich \_\_\_\_\_

\*Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Requests should be directed at, (989) 895-4130 or 895-4049. Senior Fit in 30 Minutes