

**BAY COUNTY DIVISION ON AGING
IN COOPERATION WITH
BAY COUNTY COMMUNITY CENTER
SENIOR FIT IN 30 MINUTES ~WITH BETH**

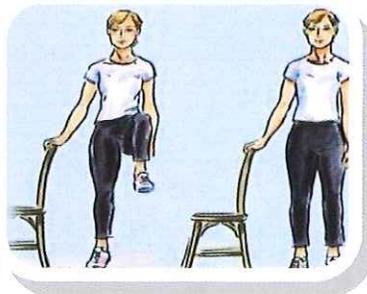
A new class opportunity with Beth Trahan, Bay County Recreation Assistant ~ especially geared to the 60 plus age group. Exercises for everyone especially those who tend to experience—weakness, balance issues, diminished range of motion. Exercises can be done standing or seated. This class will be geared to the beginning exerciser.

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

New Session —December 3, 10, 17 & *Monday December 23, 2013
4 week class session *Note day change due to the holidays

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 more information call Debbie at 895-4100 to register or choice of meal option.

Registration form can be mailed or dropped off to the Bay County Division on Aging, 515 Center Ave. Suite 202, Bay City, 48708. Checks can be made payable to: Bay County Division on Aging
Visit our web page at 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 December