



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

SENIOR FIT ~ READY, SET, GO ~ WITH BETH

A new class opportunity with Beth Trahan, Bay County Recreation Assistant ~ especially geared to the 60 plus age group. Emphasis on those who need a senior shape up ~ mind, body and soul. This class will be a standing class, starting with stretching, strengthening and finish with aerobic walking and dancing. This class will be geared to the beginner to moderate exerciser. Last class as an added experience Cathy Sujkowski, RN/ Matter of Balance Instructor will speak on "More About Attitude".

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

Starting—October 31, - November 21, 2013

4 week class session

Thursdays

11:30 ~ 12:00 a.m. class
12:15 p.m. 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. Ready, Set Go November