

Riverside Activity Center

Commit to be Fit Exercise Class

Instructed by: Anne Landre

Have you been busy all summer, no time for your scheduled exercise? Riverside Activity Center has the pleasure in offering an Aging Well opportunity, Commit to be Fit Exercise Class with Anne. Class meets two times per week, Monday and Thursday mornings, from 10:00—11:00 a.m. This class is offered as a drop in and concentrates on stretching, floor exercises and strength training. Along with Aging Well we encourage you to stay for lunch for the main entrée or order a salad or sandwich. This is your time to think of your health and being the best you can be.

All 60 years and older welcome.

Monday and Thursday On going

Location: Riverside Activity Center, 800 J. F. Kennedy Dr., Bay City

10:00—11:00 a.m. Class
12:00 noon lunch



Drop In Fee: \$3.00
Suggested donation for lunch:
\$2.50 (60 years and better)

Lunch offers choice of entrée, salad or sandwich

Call Sandy or menu is available in the Wonderful Times or on our web page

Call Sandy for any transportation requests and reservations at
893-7070 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/
Like us on Facebook @ Bay County Department on Aging

Name: _____ Phone #: _____

Address: _____

Indicate menu request: Entrée: _____ Salad _____ Sandwich _____

Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____