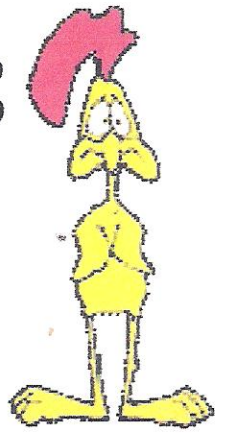


Spring Chickens



EXERCISE CLASS

Tuesday & Thursday

8:30 am

Come and join our exercise group every Tuesday and Thursday at 8:30 am for fun and lively music in the Tropics Clubhouse.

We exercise for 30 minutes, take a walk and then play a game.

You can participate in one or all parts of the class.

We have all fitness levels in our group.

If you would like to improve your flexibility, balance and overall fitness, then this is the place for you!

All our exercises can be done standing or sitting in a chair.

On the walk you can return to the clubhouse at anytime.

There is something for everyone, come one day or both.



Carolyn Hoppes

510-489-6894

