



**“FIT FOR LIFE” EXERCISE PROGRAM**

**Mondays and Wednesdays**

**September 8 through November 17**

**9:30 – 10:30 a.m.**

**\$40.00 Registration Fee (20 Sessions)**

Join our fall fun and fitness program with Pam Krantz as our returning instructor to lead our sessions on Monday and Wednesday mornings from 9:30 to 10:30 am at the Stacey Pavilion. Our fall sessions will start September 8 through November 18.

This low impact aerobic program offers a relaxed and enjoyable environment to strengthen and tone body and mind. Registration is only \$40.00 per person and payment can be made at the first session.

**Please call the park office to register at (330) 793-0718.**

