

**TUESDAY AND THURSDAY  
SESSIONS - \$5 PER CLASS**

Call 906-341-3254  
to Register



**GREAT FOR SENIORS**

# **ADULT EXERCISE CLASS**

**CLASSES INCLUDE WARM UPS, MEDIUM INTENSITY  
EXERCISE THAT CAN BE DONE SITTING OR STANDING  
AND COOL DOWN EXERCISES**



**SCHOOLCRAFT**  
MEMORIAL HOSPITAL

Tuesdays - 1:00pm - 2:00pm

Thursdays - 10:00am - 11:00am

**LOCATION: HARBOR VIEW TOWERS  
400 E LAKESHORE DRIVE**