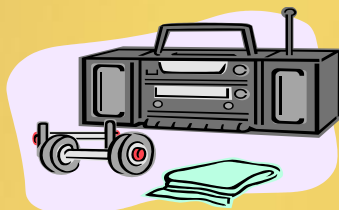


Wednesday, Thursday, and Friday - July 13 - 15, 2011

7:00AM - 7:30AM

Health Professionals Present: LET'S GET MOVING!!



Wear exercise attire and tennis shoes
Please bring your towel

**Daily Morning Fitness
with Facilitator
Sis Maggie Whitman, RN
\$10 Registration Fee for
the week. Sign in and
waivers required!**

**30 MINUTE
Low to Moderate
AEROBIC EXERCISE**
(Exercise Adjusted for All Levels)

Steps modified for
Seniors and those with
limitations:

- Use Of Chair
- Slower Pace
- Modified Movement