

**PLEASE JOIN US FOR FREE,
LOW-IMPACT
EXERCISE CLASSES!**



ALL AGES - NO CHARGE

Classes held at 4583 US ROUTE 2 EAST MONTPELIER. Call Rita before your first visit: 802-223-3322 . And visit the website for more info: twinvalleyseniors.org

MONDAY

Bone Builders @ 7:30 am
Bone Builders @ 9:15 am
Bone Builders @ 10:40 am
Tai Chi @ 1:00 pm

TUESDAY

Tai Chi @ 10 to 11 am

WEDNESDAY

Bone Builders @ 7:30am
Bone Builders @ 9:15 am
Bone Builders @ 10:40am

THURSDAY

Tai Chi @ 10 to 11 am

FRIDAY

Bone Builders @ 7:30 am
Bone Builders @ 10:40am
Tai Chi @ 1:00 pm

**Improve
your
strength &
flexibility.**

This flyer is current
as of April 2016.

PLEASE ENTER THROUGH THE BACK OF THE BUILDING.