

Senior Fitness Fun



Get ready for warm weather by joining us for some movement and fun this Spring. Come to one or all of our Senior Fitness Fun classes:

Xenia Community Center, 1265 W. Second Street
Mondays, 1:00 to 2:30, April 7 & 21, May 5 & 19
Thursdays, 10:30 to 12:00, April 17, May 15 & 29

Note: No class on April 3rd

There is no cost but we would appreciate a reservation:
contact Jeff Schairbaum at 937-376-5486 ext. 112 or
jeff.s@gccoa.org

Please wear sneakers or other
rubber sole shoes.

We will have a release for
you to sign.

