

# *Fall & Winter!!!*

## *"FITNESS FOR SENIORS"*

Enjoy your senior years actively and independently.

Join other senior citizens in a fitness program designed especially for you. Anyone 50 years of age or older can attend!

**WHAT:** A physical exercise program designed to help you achieve and maintain a healthy fitness level

**WHERE:** Merrimac Village Hall  
100 Cook St., Merrimac

**WHEN:** Monday's, Wednesday's, & Friday's  
9:30 – 10:00 a.m.

*Program Starts October 22<sup>nd</sup>, 2018  
& Runs through April 20<sup>th</sup>, 2019*

**COST:** \$10.00 per senior for the entire program

Co-sponsors: Village & Township  
of Merrimac



You're cordially  
Invited to attend!

*Program Instructor*  
**Deb Raschka**