

# **55 & Better Club**

## **Senior Fall Fitness Class**

*with Certified Fitness Instructor Donna Ofner*

**5 week session starts Aug 31/09**

**Classes offered Mondays at 1pm or Thursdays at 10 am**

**Cost \$25 for 5 weeks...that's only \$5 a class!!!**

**Call 519-727-0470 to register**

***Classes are filling fast!***