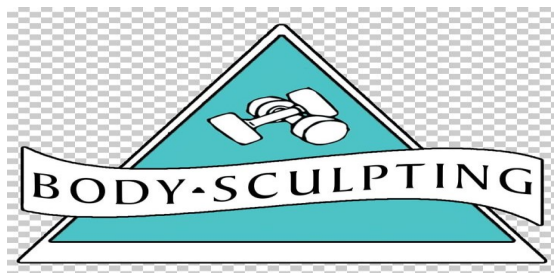


# NEW CLASSES AT VIA

STOP IN AND GIVE THEM A TRY!!



## Body Sculpting w/ Gerry

Monday & Wednesday

10:30 a.m.—11:15 a.m.



## SilverSneakers Boom Mind w/ June

(combines yoga & pilates)

Tuesday

8:30 a.m.—9:15 a.m.



## SilverSneakers Circuit Interval w/ June

(muscle strength & range of motion)

Tuesday

9:30 a.m.—10:15 a.m.

## Stay Fit & Age Better with Four Types of Exercise



**Strength**  
30 minutes  
2 times a week

**Aerobic**  
15 to 30 minutes  
3 times a week

**Balance**  
10 to 60 minutes  
2 times a week

**Stretching**  
15 to 20 minutes  
Every workout

## Stretch & Balance w/ Gerry

Tuesday & Thursday

12:30 p.m.—1:15 p.m.