

ACTIVE LIVING EVERYDAY

Looking to incorporate physical activity into your daily life?
This program is designed to help you succeed!

GET ACTIVE ←

with this step-by-step, evidence-based behavior change program! Over the course of 12 weeks our certified instructors will introduce simple, easy & enjoyable ways to add activity into your life resulting in better health, a fitter body & a potentially longer life!

BENEFITS ←

TOP 5

1. More Energy
2. Brighter Mental Outlook
3. Reduce Risk of Heart Disease
4. Reduce Risk of High Blood Pressure
5. Reduce Risk of Diabetes

MEADOWS PARK COMMUNITY CENTER

TUESDAYS @ 10:30

April 4, 11, 18, 25
May 2, 9, 16, 23, 30
June 6, 13, 20

DEERFIELD HILLS COMMUNITY CENTER

WEDNESDAYS @ 10:30

April 5, 12, 19, 26
May 3, 10, 17, 24, 31
June 7, 14, 21

HILLSIDE COMMUNITY CENTER

THURSDAYS @ 10:30

April 6, 13, 20, 27
May 4, 11, 18, 25
June 1, 8, 15, 22

\$24 for a 12 week session

Scholarships available upon request

For registration please visit: <https://tinyurl.com/3h8m76jw>
or call (719) 385-5996

