

# "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! This program is co-sponsored by the Town and Village of Merrimac.

**WHAT:** A physical exercise program designed to help you achieve fitness and maintain it.

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

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

## *PROGRAM STARTS*

**October 13<sup>th</sup>, 2014 & RUNS TO APRIL 24<sup>th</sup>, 2015**

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



*You're cordially  
Invited to attend!*

*Program Instructor  
Deb Raschka*