

# *Coming Soon!!!*

## *"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 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 19<sup>th</sup>, 2015  
& Runs through April 22<sup>nd</sup>, 2016*

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



You're cordially  
Invited to attend!

*Program Instructor*  
***Deb Raschka***