

NEW POP-UP SERIES!

BROUGHT TO YOU BY THE WELLNESS DEPARTMENT



MOVE & GROOVE CARDIO CLASSES

The first Thursday of every month, March – June

IMPROVE HEART HEALTH AND ENDURANCE
ENHANCE BALANCE, COORDINATION & CONFIDENCE
BOOST BRAIN HEALTH & MOOD
ALL LEVELS ARE WELCOME!

THURSDAY, MARCH 5TH

8:45–9:15AM

featuring

LINE DANCING

Oaks Group Exercise Room

UPCOMING "MOVE & GROOVE" EVENT DATES

April 2nd, May 7th, June 4th

will feature a different cardio class each month!