



**Exercise Classes are
FREE through
Silver Sneakers**

Exercise for persons age 65 and over

A complete cardio workout; building strength, flexibility, and balance—all while having FUN!

**Mon, Wed, Fri
9:30 - 10:15 am**

St. Paul's UCC Church—
In the Gym
2227 W. Michigan St.

**Tues & Thurs
11:00 - 11:45 am**

Trinity Lutheran Darmstadt—
In the Gym
1401 W. Boonville New Harmony Rd.

Contact Holly Schneider 812-483-7948