

Returning 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 and maintain a healthy fitness level

WHERE: Merrimac Village Hall
100 Cook St., Merrimac

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

*Program Starts October 23rd, 2017
& Runs through April 20th, 2018*

COST: \$10.00 per senior for the entire program
(Co-sponsors: Village of Merrimac & Town of Merrimac)



*You're cordially
Invited to attend!*

*Program Instructor
Deb Raschka*