

Feeling good with

LEARN 2 STRETCH



\$18 individual & \$28 couple per month

Mon, Wed & Fri 7:45-8:45am

55+ & physically challenged

Recreation Center Gym

no class 10/31, 11/25, 12/26, 1/2&16 and 2/20

LEARN 2 STRETCH CLASS is a low-impact workout based on individual abilities & potential.

Enjoy visiting & exercising with others.

Instructor: Marcie Gibson, Fitness Center Manager.

Note: Limited Senior Dimension funds are available for this class



Boulder City Parks and Recreation Department
900 Arizona Street 293-9256

Sign up now!