

Harborcreek Township's

Healthy
Living

Senior Fit Program



FREE and open to all Harborcreek Township seniors (55 and older)
NO REGISTRATION NECESSARY

Classes are scheduled on Thursdays at 1:30 pm

February 9

February 16

February 23

March 1

March 8

March 15

March 22

March 29

Arm Stretches



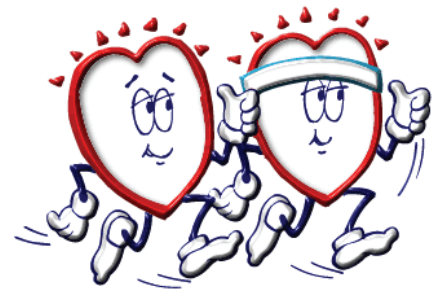
Triceps Stretch



Hip



Complete Arm Stretch



Location is at Harborcreek First Presbyterian Church
6724 Buffalo Road

All classes will last 45-60 minutes

Join certified personal and group trainer, Theresa Lafferty

Exercises will include stretching, conditioning, and
yoga for balance and relaxation.

We hope to see you there!
Any questions, please call 899-3171