

EXERCISE CLASSES

SPRING ARBOR SENIOR CENTER

- **FIT AFTER 50 IS MEETING IN JANUARY 2022**
- **MONDAY & WEDNESDAY AT 10:15 am**
- **YMCA INSTRUCTOR LED**
- *If a holiday falls on a Monday or Wednesday, this class will meet on Friday*
- *New Year - Class meets Weds Jan. 5 & Fri Jan. 7*
- *MLK - Class meets Weds Jan. 19 & Fri Jan 21*
- Suggested donation for guests 60+ \$1
- PLEASE SIGN IN EACH CLASS
- Please fill out a FY Registration Form
- **LINE DANCE**
- **Line Dance with Mary Ann - call Laurie 768-8691 for January Status**

Fit After 50
Crouch Senior
Center
M W
at 8:30 am



- Contact Laurie at 517-768-8691
LMead@mijackson.org
- <https://www.mijackson.org/619>
- Sign up for the Senior Circuit Newsletter!



Department on Aging