

LAKE MURRAY
VFW POST 6740

SILVER SNEAKERS EXERCISE CLASS

We have scheduled our first exercise class at the Post, which is geared to seniors and beginners.

- Open to members only, and their guests
- First class is scheduled at the Post, Sept 10 at 10:00 a.m.
- If you have small weights and exercise band, please bring them. Small pilates balls will be supplied, or you can bring your own.
- This is low impact! You modify the class to your limitations- no wrong or right way to exercise- we all need to keep moving before we lose it!
- Great for strength training and getting those joints moving, but most importantly-balance- our biggest enemy as we age.
- Great for men and women- classes will be \$5.00 per class, and typically last an hour.

**For more information and to express interest, please
contact Deb Copabianco 203-206-7723 or
ladycapo15@gmail.com**

