



presents:



SENIOR FITNESS CLASSES

with Instructor Marty French

Join our free and fun fitness program for seniors! **Oriol Senior Fitness** is a one-hour class providing exercise and education for any level participant! The goal of the class is heart and circulation health, strong flexible muscles, improved balance and yoga bliss! Oriol Health Care pays the cost of class instruction and materials to promote wellness and fitness for our community seniors! You will enjoy this experience and leave with a smile! Local classes have grown in popularity so come and join us and make a move towards wellness with Marty!

SIX CLASS LOCATIONS AVAILABLE !

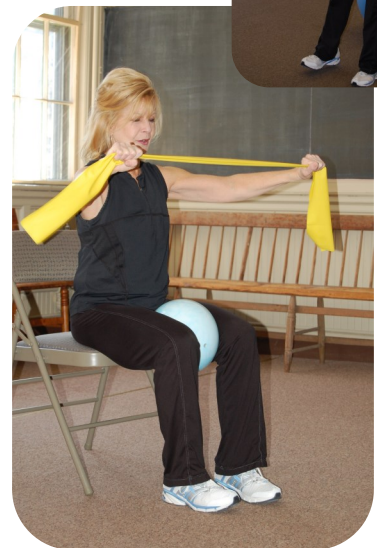
FREE CLASSES !



Marty French started her own fitness business over 30 years ago in Holden. She is certified in cardio conditioning, strength training, yoga and meditation. Marty feels that fitness should be fun! Laughter is included in every class!

Class Schedule ~
Day classes 10:00-11:00am
At the following COA offices:
Mondays ~ Sterling COA
Tuesdays ~ Princeton COA
Thursdays ~ Paxton COA
Fridays ~ Rutland COA
Also offering:
Fridays at HOLDEN COA
1:15—2:15
All Oriol Senior Fitness Classes are free and open to the Senior Public.
Drop-ins welcome, Space may be limited
Please feel free to attend as many classes as you like, compliments of Oriol Health Care!

**FREE
FUN
FITNESS**



CHAIR YOGA!
MONDAYS AT WEST BOYLSTON
SENIOR CENTER AT FIRST CONGREGATIONAL CHURCH
12:45—1:30PM