



Senior Bootcamp

Monday, Wednesday & Friday with Anna

Tuesday & Thursday with Ben



What:

- Boot Camp - Wednesday
 - This is a great way of performing exercise in a fun, energizing way! Stations full of upper body, lower body exercises, great cardio music and also floor core exercises.

Where: Jay Community Center

When: 8:30 am to 9:15 am

Who: Senior Citizens 55 & Over

How To Prepare: Wear comfortable & loose-fitting clothes

What To Expect: To feel great!

Cost: FREE Activity • Recommended Donation of \$1

