



"Functional Fitness"

Classes for the 55+ crowd

**Mark Your
Calendar**

Monday's
Feb 6th - April 30th

1:00 - 2:00pm

Wembley Community Hall

Please dress in comfortable clothes

Wear appropriate shoes

Bring a water bottle

Be prepared to have FUN and interact!!

For more information

Pam Decker 766-2269 fcsswembley@live.com

Sherry Ouimet 933-6605

We are excited to bring this **FREE** activity to our community
HOWEVER we need your participation for the program to be offered

Please come and check it out...

Tell your friends

You will be doing the best thing for yourself to continue to be a
safe, healthy and independent active ager