



FITNESSU

KEY TO YOUR YOUTH:
FLEXIBILITY & STRENGTH

Learn how gentle movements can reduce the side effects of sedentary/sitting lifestyles. Discover how you can minimize the aches and pains that keep you from enjoying vacations, playing with your children/grandchildren or performing daily chores that enable you to live an independent life well into your retirement years.

Instructed by Sharon Raffony

Tuesday, August 1 | 12 - 12:45pm
Transit/Fleet, Large Conference Room
2411 Tallevast Road, Sarasota
Transit/Fleet Personnel Only

Earn 2 Fit Nut Points!

Register* at www.manateeyourchoice.com
> Program Registration tab
*For registration assistance, please contact Tina at x7634



For More Information Contact: YourChoice Fitness Center
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