



**UMCH OLDER ADULT
CENTER NOW OFFERS**

FITNESS

OUR CLASSES

- Zumba and Zumba Gold
- Move & Groove
- Strong & Steady
- Gentle Yoga
- Chair Yoga
- Fascia Class

FITNESS LAB

THE FITNESS LAB FEATURES STRENGTH
TRAINING EQUIPMENT, FREE
WEIGHTS, AND CARDIO EQUIPMENT

**FITNESS LAB HOURS: 8:00 AM - 5:00 PM
MONDAY - FRIDAY**

Join us

Every Tuesday and
Thursday in August

**Free sample classes
Offered each day from**
10:00 am - 12:00 and
1:00 pm - 3:00

**Call to reserve your
spot, classes have
limited space**



616-452-3227



umchousegr.org



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