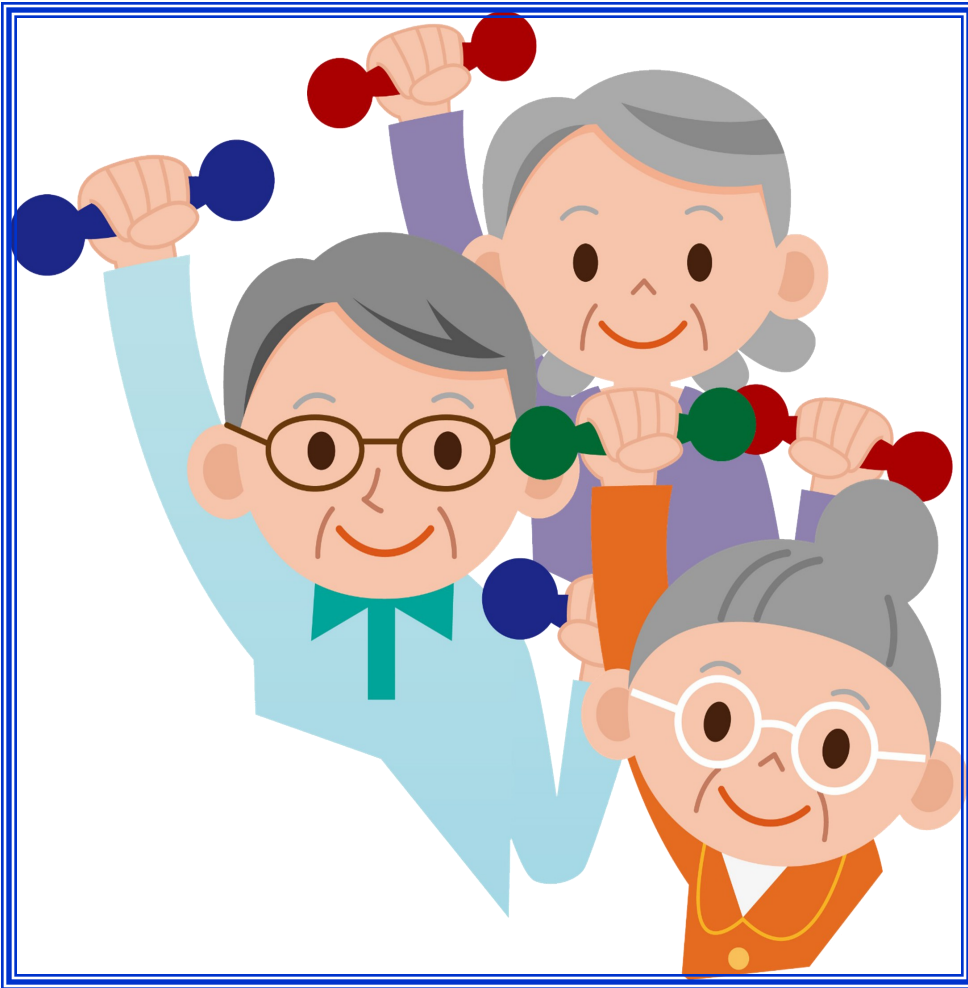


Total Body Fitness



**Mondays,
Wednesdays &
Fridays
10:00 - 11:00am
Stay for Lunch
at Noon**

“Total Body Fitness”

Video for Active Older Adults

Weights are provided, but optional

The Bell Tower Regional Community Center

22232 El Paseo, RSM (949) 709-7592