



Silver Sneakers[®]

FLEX[®]

Community
Fitness Classes

OVERALL BODY FITNESS

Mondays & Wednesdays

with Jossue

10:00 am - 11:00 am Stay for Lunch at Noon

Bring you Silver Sneakers

Membership Number

Silver Sneakers Membership

not required to attend

(Donations Kindly Accepted)

***Thank You to Humana for
Sponsoring Overall Body Fitness***



Humana

Age Well[®]
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS