

Join us for Fitness & Exercise



Mondays, Wednesdays & Fridays

10:00 - 11:00am

Stay for Lunch at Noon

**“Total Body Fitness”
Video for Active Older**

*Weights are Provided
but Optional*

For more information call
Lindy:

**The Bell Tower Regional
Community Center
22232 El Paseo, RSM**

**Age Well[®]
Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS