

# 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  
Shannon: (949) 709-7592

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

**Age Well<sup>®</sup>  
Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS