



OVERALL BODY FITNESS

**Mondays & Wednesdays
with Jossue**

10:00 am - 11:00 am

STAY AFTER CLASS FOR LUNCH AT 12:00PM!

- ◆ **Class is Open to All Seniors**
- ◆ **SilverSneakers Members Welcome**
- ◆ **SilverSneakers Membership is Not Required!**
- ◆ ***Donations are Kindly Accepted***



*Thank You to Humana for
Sponsoring Overall Body Fitness*

Humana

**Age Well[®]
Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS