



Wednesday, May 27<sup>th</sup>

9:00am - 2:00pm

National

# Senior Health & Fitness Day

at the NEW

## TANGLEWOOD PARK

560 Seminole ~ Muskegon

Sponsored by AgeWell Services

AgeWell Services will be open to the public for FREE!

Come and try one of our fitness classes.

A different class will be held every half hour.

FREE Lunch, health screenings and door prizes!

9:00 - Yoga

9:30 - Sit 'N Fit

10:00 - Line Dancing

10:30 - Step Class

11:00 - Tai Chi

11:30 - Stretch - Arthritis Foundation

12:00 - Zumba

12:30 - Nordic Walking

1:00 - Tai Chi &

1:30 - Abs 'N More

Zumba Demo Outside

2:00 Pickleball Play

AgeWell Services Wellness Office ~231-733-8643