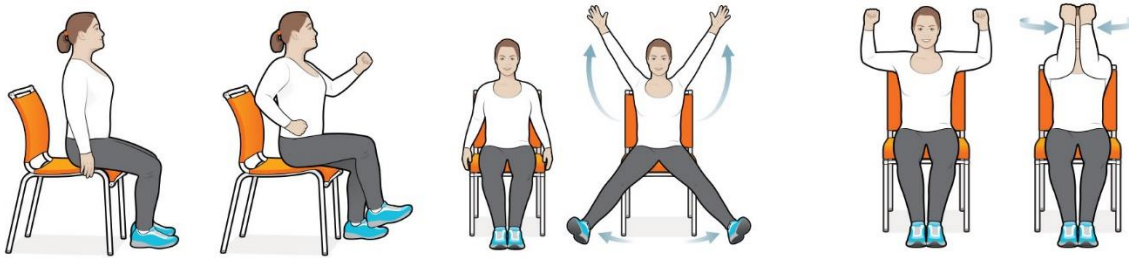




- A Place for You -

CHAIR EXERCISES @ THE CENTER



Join us for Chair Exercises, beginning on Monday, August 14, 2017 at 10 a.m. @ the Center!

Class begins at 10 a.m. every Monday, and will last for approximately 30 to 45 minutes, followed by a social period.

Bring your friends and join in on the fun, and move at your own pace! Sessions will include:

- *Chair dancing*
- *Chair Pilates*
- *Easy chair Tai Chi*
- *Upper body*
- *Lower body*
- *Yoga stretch*

There is no charge for these sessions, however, you must complete a waiver/emergency contact form before participating.

**Always check with your physician before starting a new program*

The Mt. Sterling Community Center is a 501(c)(3) not-for-profit organization.

Visit us at mountsterlingcc.org and follow us on Facebook.

Thank you for supporting your Mt. Sterling Community Center!

*Mt. Sterling Community Center * 164 E Main St. Mt. Sterling OH 43143 * 740-869-2453 * msscinc@embarqmail.com*