# Silver Sneakers STRIDERS

Focus on proper posture, technique for effective walking benefits, balance & flexibility.

Beginning **June 7**

**Every Tuesday & Thursday • 8 AM - 9 AM**

Instructor: Judy Mahan

"FREE TO SILVER SNEAKERS MEMBERS"

**$7 for 1 class**
**$35 for 5 classes**
**$50 for 8 classes**

Register at the Arts & Recreation Center or call for more info (352) 394-3500

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