Striders

Fitness walking in our air conditioned gym.

Focus on proper posture, techniques for effective walking, balance & improved flexibility.

Beginning **June 7**

Every Tuesday & Thursday • 8 AM - 9 AM

Instructor: Judy Mahan

"FREE to SilverSneakers Members"

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

CLERMONT
Choice of Champions®

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

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