



# Senior Sit & Fit

With Instructor **Erin Harris**

Senior Sit & Fit is a great opportunity to meet new friends.

It is low impact and suited for all ages. Sit & Fit incorporates weight training to maintain strength and muscle tone, and stretches to improve balance and flexibility.

Call to Register  
Academy of Performing Arts

Chino Valley:

**Tue- 9:30-10:30am**

990 N. Hwy 89  
636-2007

Come and have a  
**FREE** trial  
class!

