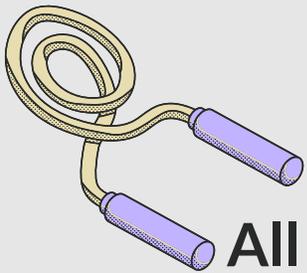
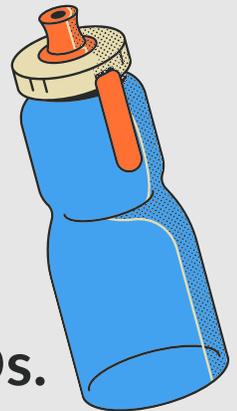


Come Exercise at the Tow
Community Center!

MORNING WORKOUT



All exercise routines are done using DVDs.

Monday starts off with about 15 minutes of stretching which is great for people young and old, stiff and flexible. We then do about 37 minutes of dance/aerobic exercise. These can be done sitting or standing, and with or without weights.

Wednesday starts out with stretching/yoga using a combination of sitting and standing. This DVD is perfect for those wishing to improve agility, flexibility, balance, and relaxation from this wonderful ancient practice. We then do a 25 minute indoor walking DVD that is perfect for all skill levels and is easy to follow.

Friday is Seated Mix Chair Exercises for Everyone. This 45 minute DVD is an easy to follow, low impact total body workout using resistance bands and hand weights. This DVD helps to increase: balance, cardio, strength and endurance.

**EXERCISE IS M-W-F FROM 9:30 - 10:30 AND
IT IS TOTALLY FREE!**

