



# JE SENIOR ADULTS WORK OUT PROGRAM

Brought to you by the Seasoned Eagles;  
Geared towards ages 60+

at the Town of Elbridge

- ✓ On-going Classes, Sign-up Anytime
- ✓ 9:00 AM - 10:00 AM
- ✓ Every Tuesday & Friday
- ✓ \$45 per month



**Town of Elbridge Senior  
Citizen Programs**

JE Community Center  
1 Route 31, Jordan  
315-689-9031 ext 9  
[www.townofelbridge.com](http://www.townofelbridge.com)