

Fountain of Youth, Exercise/Meditation Class

Homeowner's Scott and Corinne Fothergill will be starting up a Fountain of Youth Exercise/Meditation Class. This class is mainly comprised of easy exercises geared mostly for Seniors or those with limited mobility. These will NOT be high impact exercises. Instead they will be mostly stretching and strengthening.

Classes start on Thursday, Nov 9, 3pm to 4 (or 4:30pm) in Lounge 2 at the Rec Center.

Please call Scott at 520-398-6589 for further information and to sign up.