





Staying Active 8
Independent for Life

FREE

10:15-11:15 a.m. Tuesdays & Fridays

## Registration is Required



The hour long classes include a warm-up, low impact aerobics, balance exercises, strength training with weights, stretching exercises, and an educational component. It is able to accommodate people with a mild level of mobility difficulty and those who are regularly active. The exercises focus on improving flexibility, bone and muscle strength, and overall fitness — important activities that adults can do to stay active and reduce their chance of falling.

All equipment is provided

For information/registration call 952.563.4944 or email creekside@bloomingtonmn.gov

The City of Bloomington does not discriminate against or deny the benefit so fits services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711