

Keys to Healthy Aging



**Tuesday, Thursday & Saturday
10—11 a.m.**

Founders Park, MM 87, Islamorada



Group exercise class incorporates light weight training, flexibility, balance & low-impact cardio conditioning tailored for adults 55 and older.

\$ 20.00 per month
Weights are provided

Call (305) 743-7111 x206 to register



Space is limited. To Register:

Call: (305) 743-7111 x206

Email: lfowler@fkahec.org