

*It is exercise alone that supports the spirits, and keeps the mind in vigor.*

- Marcus Tullius Ciero

### Low Impact Senior Fitness Class.

Low impact yoga and stretching, resistance bands, light weights, individualized body fat testing, measurements, and nutritional guidance upon request.

**Classes held in the Auditorium at City Hall from 10:00-10:30am. The cost is \$20 for 4 classes.**



### Low Impact Senior Fitness Class

Sign up at City Hall

425 Webster St.

Colusa, Ca 95932

For more information about signing up call Lani at 458-5890 x 101

For more information about the class call Lisa at 624-3038