



# Come Join Us for an Exercise Class!

**What:** The class is a fun variety of exercises (that can be done primarily in/using a chair). Exercises can be modified for all levels!

**When:** This class is currently meeting on Fridays at 10:00am.

**Where:** Lower Level Classrooms at Parkview Huntington  
Hospital

**Cost:** Free for PHH Fitness Center members and Parkview Senior Club members. For non-members the fee is \$3.00/ class.