585-507-8925

Stay Well with Michelle

Fit over Fifty

Would you like to:

Improve your Balance? Sleep better?

Build strength? Maintain your Independence?

Become healthier? Have more energy?

Join us for a fitness class designed just for you!

ALL LEVELS OF FITNESS ARE WELCOMED

Where: Sodus Pt. Community Center

When: Tuesdays and Thursdays

Time: 10-10:45am

Dates: September 27-November 17

Price for 8-week session (16 classes): $104.00

Two free classes are being held 9/20 and 9/22 from 10-11am. This is your opportunity to sample the class, meet your instructor, Michelle Kellett, and to get your questions answered. Registration is required, please arrive at 9:45 to register for this free week.

We can't wait to see you!

Please call: (585) 507-8925 for more information!