

Los Alamos **FITNESS CENTER**

Introducing our NEW **50+ Fitness Program**

**A special health and fitness program
designed for people over the age of 50**

Beginning in January, Los Alamos Fitness Center will be offering classes, lectures and other health and fitness programs specially designed for people over the age of 50. Come join us in getting stronger, more flexible and more fit. Those who attend can earn points toward free gifts and surprises!



Join LAFC Instructors, Kent Pegg and Joann Lysne, for our new program designed for members 50 years and older.

Incorporate the new 50+ Cardio & Stretching class with Kent's 50+ Weight Training class for a complete workout!

Weekly Class Schedule:

50+ Cardio & Stretching
50+ Weight Training

Monday & Wednesday @ 1:00
Monday & Wednesday @ 12:15
Tuesday & Thursday @ 10:15

Call 662-LAFC(5232) for more information