

Strength for Life

Tailored for Seniors

At the SV Community Center

Tuesday, Thursday: 2:00 pm – 3:00 pm

Saturday: 9:00 am – 10:00 am

To sign up or for more info contact David Herrera at 360-223-4862

Class size limited so call now!

“This class will help you build muscle, lose fat, & improve your conditioning. Each session includes functional training with a focus on mobility, strength, endurance, core, & balance”

-Senior Fitness Specialist - David Herrera

