



SHAPE UP!
50+

**\$10
off**

*restrictions apply
call center for details

For a Healthy Independent Lifestyle

- Your local senior center is offering group exercise classes for seniors such as Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates & more.
- Classes are safe, affordable, and led by knowledgeable instructors.

Public Health
Seattle & King County
Emergency Medical Services Division



For more information visit: kingcounty.gov/health/shapeup
Or call Mt Si Senior Center at 425-888-3434

***Bring this card to the Mt Si Senior Center & receive \$10 off any group exercise class.**

**For more information
Call 425-888-3434**

**411 Main Ave S
North Bend, WA 98045**

Exp. 12/16/16. Card has no dollar value & can't be redeemed for cash.

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