



**SHAPE UP!**  
50+

**\$10  
off**

\*restrictions apply  
call center for details

**For a Healthy Independent Lifestyle**

- *Your local community center is offering group exercise classes for seniors: 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](http://kingcounty.gov/health/shapeup)  
Or call Northshore Senior Center at 425-487-2441

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

**For more information  
Call 425-487-2441**

**10201 East Riverside Dr.  
Bothell, WA 98011**

Exp. 12/16/11. Card has no dollar value & can't be redeemed for cash.

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