



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
Or call Sno-Valley Senior Center at 425-333-4152

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

**For more information
Call 425-333-4152**

**4610 Stephens Ave
Carnation, WA 98014**

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

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