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. 12/16/14. Card has no dollar value & can't be redeemed for cash.

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