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 and 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/shapeup**
Or call 206-684-4240 / 206-233-7138

*Bring this card to the Loyal Heights or Bitter Lake Community Center & receive $10 off any group exercise class.

For more information
Call 206-684-4240

Exp. 12/31/20. Card has no dollar value & can't be redeemed for cash.

SHAPE UP! 50+

For a Healthy Independent Lifestyle

Lifelong Recreation Programs
4554 NE 41st ST.
Seattle, WA 98105

1202M