

ALL LADIES WELCOME!

Thursdays at 10:00 am

First class will be held April 11th!

Sims Barn
239 Loveinia Lane
Forest City, NC 28043



EASY LOW IMPACT AEROBICS

Total body workout led by Grace Howell, who has been leading aerobics for 25 years. Can exercise standing or sitting, no floor work.

Benefits of Low Impact Aerobics:

- *Greater heart health
- *Lower risk for diabetes
- *Improved balance & mobility
- *Improved bone density

Bring towel, water & weights (1 - 4 pounds, depending on your ability)

Classes are free!

