

Douglas Coffee County Parks & Recreation Fitness

We make Fitness Fun!

Call:
383-7332

Call:
383-7332

Moving Easy Exercise

Chair Fitness



Time: Tuesday 10:00 am - 10:45 am

Thursday 1:00 pm - 1:45 pm

Day: Tuesday and Thursday

Location: Aerobic Studio 200-E S Madison

Cost: \$12 for (4) Weeks

Reg. Main office 200-C South Madison Ave.



- *Helps ease the pain of arthritis*
- *Increase your strength, flexibility, balance and improve your joint movement.*
- *Exercises performed while sitting in a chair using small weights, resistance bands, & sponge balls.*

**Instructor
Gina Gibbs**

You can do this.....Come See