



# Be Fit Be Healthier Be The Best Version Of You

*Silver Sneakers*



## All Levels

Group classes designed to improve strength, endurance, flexibility, balance and range of motion.


## Insurance Accepted



## Opening New Classes

Tuesdays & Fridays  
9:00AM

## Mariposa Senior Center

 209-966-6632

 5246 Spriggs Lane,  
Mariposa, CA 95338