



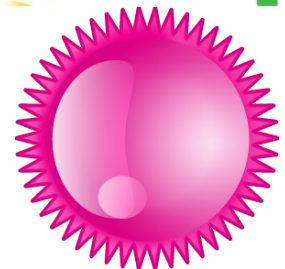
# P.I. Exercise

Jean Martin has returned to teach PI Exercise! This class incorporates low impact exercises. It includes a warm up, stretching, balance, strength training, back strengthening, and a cool down.



**Mondays and  
Wednesdays  
9:00 - 10:00 am**

**Cost is only \$1.00  
per participant**



All participants must be Recreation Center members. For additional information, please contact the Recreation Center at 458-2977.