

Feeling good with

# LEARN 2 STRETCH



**\$18 individual & \$28 couple per month**  
**Mon, Wed & Fri 7:45-8:45am**  
**55+ & physically challenged**  
**Recreation Center Gym**

**LEARN 2 STRETCH CLASS** is a low-impact workout based on individual abilities & potential.  
Enjoy visiting & exercising with others.  
**Instructor: Marcie Gibson, Fitness Center Manager**

Note: Limited Senior Dimension funds are available for this class



Boulder City Parks and Recreation Department  
900 Arizona Street 293-9256

**Sign up now!**