



120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ occoa@occoaonline.org
989.732.1122 ✧ www.OtsegoCountyCOA.org

Presents...



STAY FIT AND FABULOUS AFTER 50!

Make Time To Exercise!

**Exercise And Good Nutrition...
An Important Part Of Successful Aging**

Make time to exercise to increase your longevity and boost your quality of life!

Gentle aerobics and the use of light weights for all ages.

Certified instructors and assistants provide the leadership for this program.

Monday | Wednesday | Friday

10:30 to 11:30am

PowerHouse Gym | Gaylord

\$3 Per Session

GYM MEMBERSHIP NOT REQUIRED

For more information and program updates visit our
website otsegocountycoa.org or call 989.748.4068

If the OCCOA is closed due to poor weather conditions, it will be announced on
EAGLE 101.5. For your safety and well-being, all OCCOA sponsored activities
will be cancelled. All programs are cancelled on holidays that OCCOA is closed.

WEATHER CLOSING HOTLINE • 989.731.5652

