



Ageless Grace[®] is now available

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind. The movements are designed to be performed seated in a chair and can help you improve balance, self-esteem, joint mobility and more. These rejuvenating classes are now available at a FLEX[™] class near you.

City: _____
Fitness Center: _____
Address: _____
Day(s): _____
Time: _____

COME JOIN THESE NEW CLASSES!

There's no cost to SilverSneakers[®] fitness program members.

Visit silversneakers.com/flex to learn more!

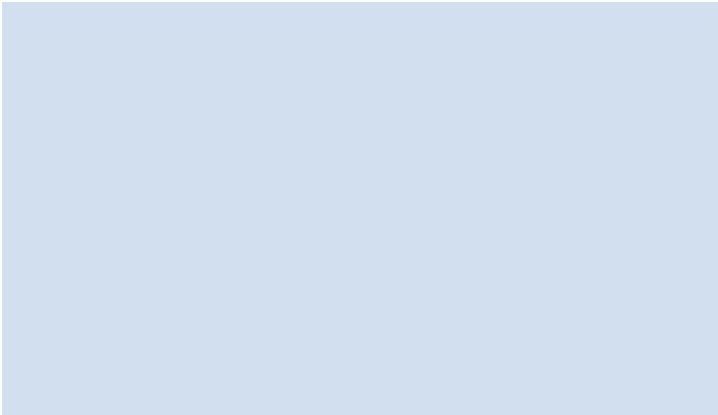
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