



Forever...



in motion™

Physical Activity - do it for life!

Functional fitness classes, fun and free!

Adults 55+, Men and Women

Forever...in motion is an initiative that helps older adults become physically active through fitness classes led by trained volunteers. Sponsored by the Resort Village of Candle Lake.

Dates:	Tuesday and Friday (September – end of May)
Times:	10:00 - 11:00 am
Location:	RVCL Community Hall
Focus:	Cardio, Strength, Balance and Flexibility
Cost:	No Charge
What to bring:	Clean inside shoes, water bottle and fitness bands

For more information: Twyla - 306-361-2124