



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 (June – end of August)
Times:	9:00 - 10:00 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