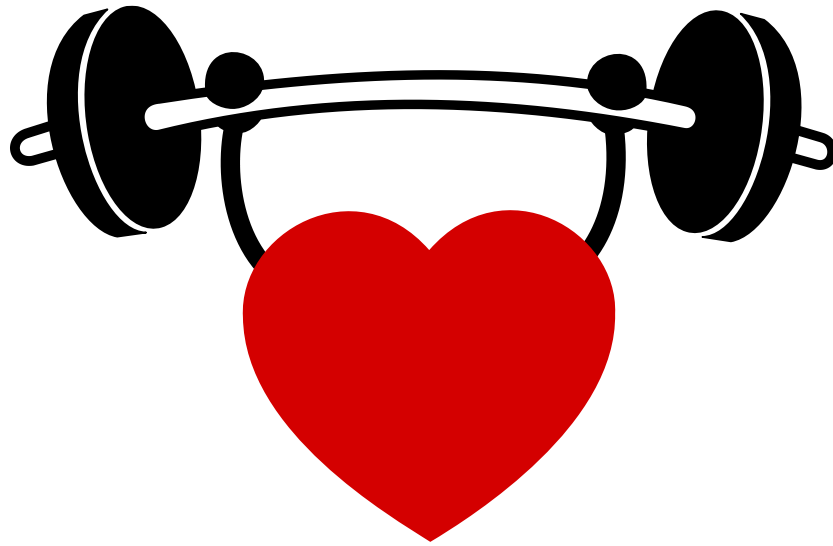


# “Move It Monday”



**On Mondays Only!**

Designed for the active aging community seeking to **enhance strength and cardiovascular fitness** along with Balance and Movement patterns.

Get Your Body Moving with a light **low impact cardiovascular warm-up**, followed by functional **strength training** using bands and dumbbells. Finish with **balance, core and flexibility exercises**.

Perfect for people new to exercising and those wanting to **get moving!**

Starts Monday, January 8 - 10 am

DesertView Sports Complex Mariposa Room

*Instructor -Helen Howard, Certified Group instructor*