

**NEW FREE FITNESS CLASSES!**

Please join us in welcoming our new fitness instructor, Mary Montgomery!

**Central Blair Senior Center**

814-946-1235

**Mondays, Wednesdays and Fridays**

1:00 p.m. - Zumba Gold

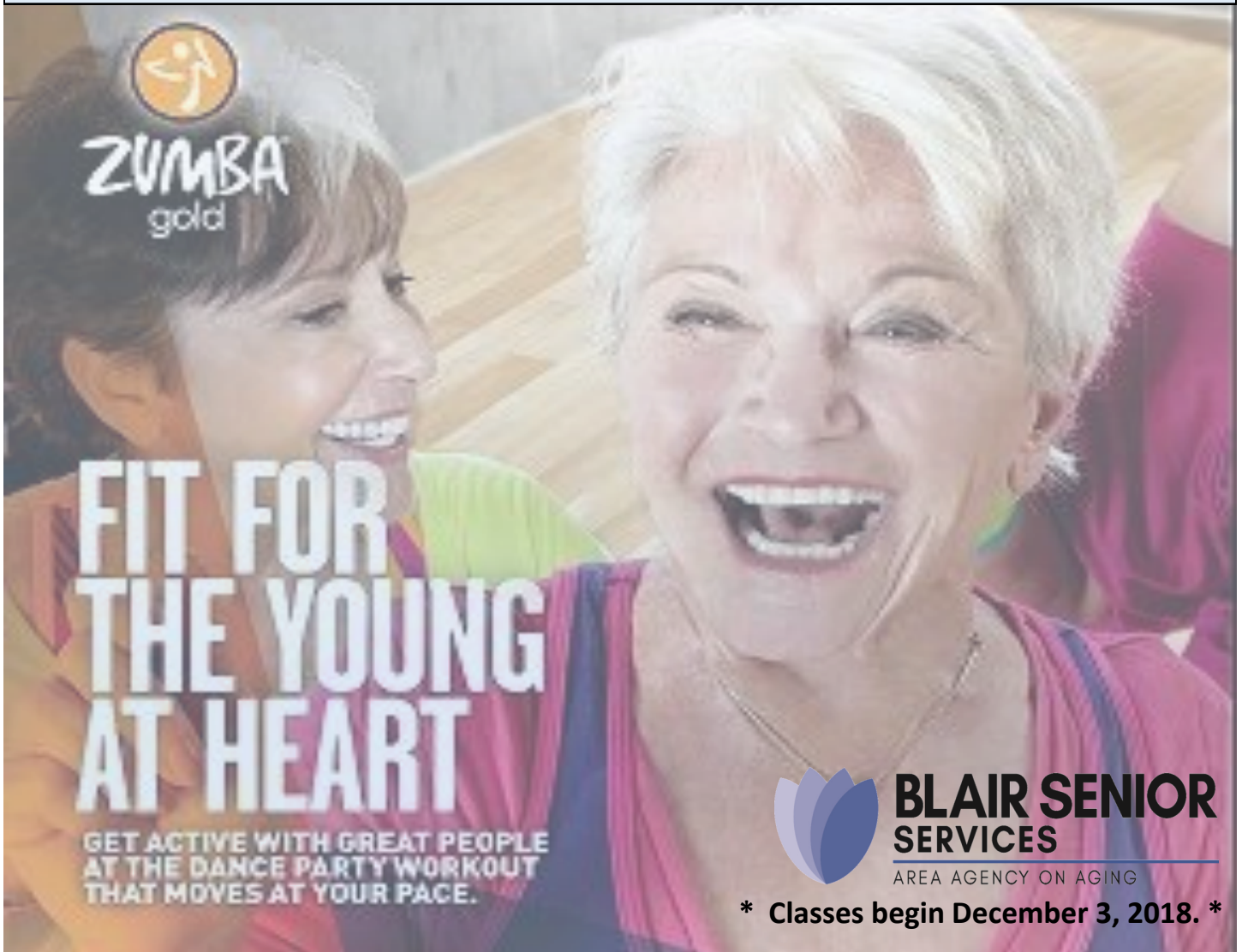
**Northern Blair Senior Center**

814-684-7853

**Mondays, Wednesdays and Fridays**

10:00 a.m. - Zumba Gold

11:00 a.m. - Body Sculpting



**FIT FOR  
THE YOUNG  
AT HEART**

GET ACTIVE WITH GREAT PEOPLE  
AT THE DANCE PARTY WORKOUT  
THAT MOVES AT YOUR PACE.



**BLAIR SENIOR  
SERVICES**

AREA AGENCY ON AGING

\* Classes begin December 3, 2018. \*