



*So fun you'll forget you're exercising!*

**Central Blair Senior Center**

1320 12th Avenue

Altoona

814-946-1235

**Wednesdays**

1:00 p.m. Advanced

2:15 p.m. Beginners

**Southern Blair Senior Center**

15229 Dunnings Highway

East Freedom

814-317-5181

**Thursdays**

12:15 p.m. Beginners

1:30 p.m. Advanced

No prior experience necessary for the beginner classes. Enjoy the exercise while you enjoy moving your feet to the beat.

**FREE** for individuals 60 years of age and older!



**BLAIR SENIOR  
SERVICES**

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