



MARTIN ANDERSEN
Senior Center
Leisure with Dignity since 1983

1025 South Florida Avenue - Rockledge Florida 32955 - Email: masc1025@att.net

Exercise Class and Yoga

***Class begins
at 12:30 p.m.***

RICHARD
SIMMONS'

Sweatin to the Oldies



This unique exercise class combines videos
from *Richard Simmons* and yoga.
Monday, Wednesday and Friday.
contact Valerie -321-368-9265.

\$1.00 members

\$2.00 non-members