



MARTIN ANDERSEN
Senior Center
Leisure with Dignity since 1983

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

Walker Video Exercise Class

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

Monday, Wednesday and Friday.

Monday and Wednesday are
Sit and Fit video

Friday is
Chair Yoga!

***\$1.00 members
\$2.00 non-members***

Contact Valerie:
321-368-9265

