

ALL FIT Bungee

Soaring Seniors

NEW Bungee Class for ages 55 & up!

Four Week Session January 4th - January 27th

Tuesdays & Thursdays 11 am - 12 pm



- **Increase range of motion.**
 - **Build strength.**
- **Enhance flexibility and balance.**
 - **Boost stamina.**
 - **Improve lymphatic flow.**



- **Low impact resistance and assistance training.**

*\$80
for the
entire
session!*



**Come
SOAR
with us!**

For more information visit allfitbungee.com

To register and enroll download the All Fit Bungee App today!