



# EXERCISE FOR DIABETES

Tuesday and Thursday

11:00 am - 11:45 am

\$ 1.00 per class

No membership required

- Stretch
- Resistance
- Range of Motion
- Sit to be Fit (chairs available)
- Energy
- Strength
- Balance

**Social, energizing  
and feel good  
exercise!**



omn  
FITNESS

**ENJOY YOUR SELF**

Call today!

(231) 739-3391

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