

Young at Heart

**New exercise class at the Webster
Recreation Center!**



- Monday, Wednesday, and Thursday
 - 10:30-11:15am
- Class includes: chair exercise, light stretching, and walking
 - Feel free to bring own hand weights
 - Please bring a change of shoes

Any questions please contact Allie Shook at 574-936-7255

Follow class updates and cancellations on the Plymouth Park Department Facebook page

