



120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ occoa@occoaonline.org
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Presents...

WE'RE TAKING IT OUTSIDE!

Young at Heart

OUTDOOR EDITION!

STAY FIT AND FABULOUS AFTER 50!



STARTING MONDAY, JUNE 15th

Monday | Wednesday | Friday

9:30 to 10:30am • \$3 Per Session

Otsego County Sportsplex Pavilion

1250 Gornick Ave. • Gaylord

Teresa Powers, Certified Instructor



For more information call Amanda at 989.748.4068

Remember... outdoor settings differ from indoor settings.

Please prepare with the proper essentials for that day: ex. water, sunscreen, bug spray, clothes, etc.

Weather can affect class for any particular day.

Please call the weather hotline at 989.731.5652 for class updates!

Exercise And Good Nutrition... An Important Part Of Successful Aging

Make time to exercise to increase your longevity and boost your quality of life!

Gentle aerobics and the use of light weights for all ages.

Certified instructors and assistants provide the leadership for this program.