

# **WSR GET IN SHAPE AND STAY FIT WITH EXERCISE**

We will be offering Core Conditioning, Pilates  
Low Impact Aerobics just to name a few.  
Seniors Welcome!

SO COME AND JOIN OUR EXERCISE  
CLASSES EVERY TUESDAY OR THURSDAY  
STARTING DECEMBER , 2009

## **REGISTRATION**

November 2-6.....11am- 1pm	November 16-19..... 11am-1pm
November 7.....9am- 2pm	November 23-27.....11am-1pm
November 9-12.....11am-1pm	November 28.....9am-2pm

**LOCATION:** St. Robert City Hall 194 East Lawn Avenue

**DATE:** Tuesday or Thursday

**TIME:** 6:00pm – 7:30pm

**COST:** \$30 for six weeks

For more Information contact Stan Porter @ 573-336-3988