



CHAIR FIT WITH KRISTEN

CHAIR BASED FITNESS FOR STRENGTH, BALANCE, & MOBILITY.

Starting May 6th - June 10th
Wednesdays - 12pm

Osage County Library - Linn

\$3/Class

This gentle, beginner friendly class is perfect if you want to improve balance & stability.

Spots are limited - Reserve your chair today!

For more information :
573-897-2951
falters@mrri.org



STRONG & ACTIVE
FITNESS CO.