



ANN ARBOR
Center *for* Independent Living

Recreation

Seated Aerobics
May 8th - June 28th
Monday's 10am-11am
Wednesday's 5-6pm
***no class held on May 17th**

All classes held at the Ann Arbor Center for Independent Living
3941 Research Park Drive
Ann Arbor, MI 48108



Don't be fooled: This workout firms and burns much more than you'd think!

- It will raise your heart rate and help you burn calories
- It will loosen up stiff joints
- Increase your strength, power, flexibility and ability to perform everyday tasks

For more information, to register, or to request accommodations email info@aacil.org
Find us online at annarborcil.org and on Facebook.

