

Exercise at the Skidway Lake Library

Starting: November 3rd



**Tuesday and
Thursday**
10:30am



Chair Zumba
(can be done standing)

**And Richard Simmons -
Sweatin to the Oldies**

An upbeat, low-impact dance
workout that boosts energy,
mobility and mood—have
fun, move to the music, and
feel great!

Please wear comfortable clothes
and bring water

Join us!



RSVP: 989- 873-5086
prescottlibrary200@gmail.com

2196 Greenwood Rd. Prescott