



# DONNA'S EXERCISE CLASS

**MONDAY & WEDNESDAY  
9 TO 10 A.M.**

- Chair Yoga
- Resistance Bands
- Exercise Balls
- Walking
- Weights
- Flexibility Training

**\$2.50 A CLASS**

---

**NO MEMBERSHIP  
REQUIRED**

---

**OPEN TO WOMEN &  
MEN**

---

**FALL THROUGH  
SPRING**

---

**GARNETT  
RECREATION CENTER**

510 N. Lake Road  
Garnett, KS. 66032