



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IMPROVING HEALTH THROUGH MOVEMENT

## Young at Heart AEROBICS STUDIO

Make friends, have fun and energize your body as you move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.

- Recommended for age 55 and up
- Utilizing chairs, ball & hand weights
- Focus on balance, stability & strength

**WHEN:** Monday/Wednesday/Friday

**TIME:** 10:30-11:25 a.m.

**LOCATION:** YMCA  
1346 S. Main Street  
Burlington, NC 27215  
336.395.9622  
[acymca.org](http://acymca.org)

