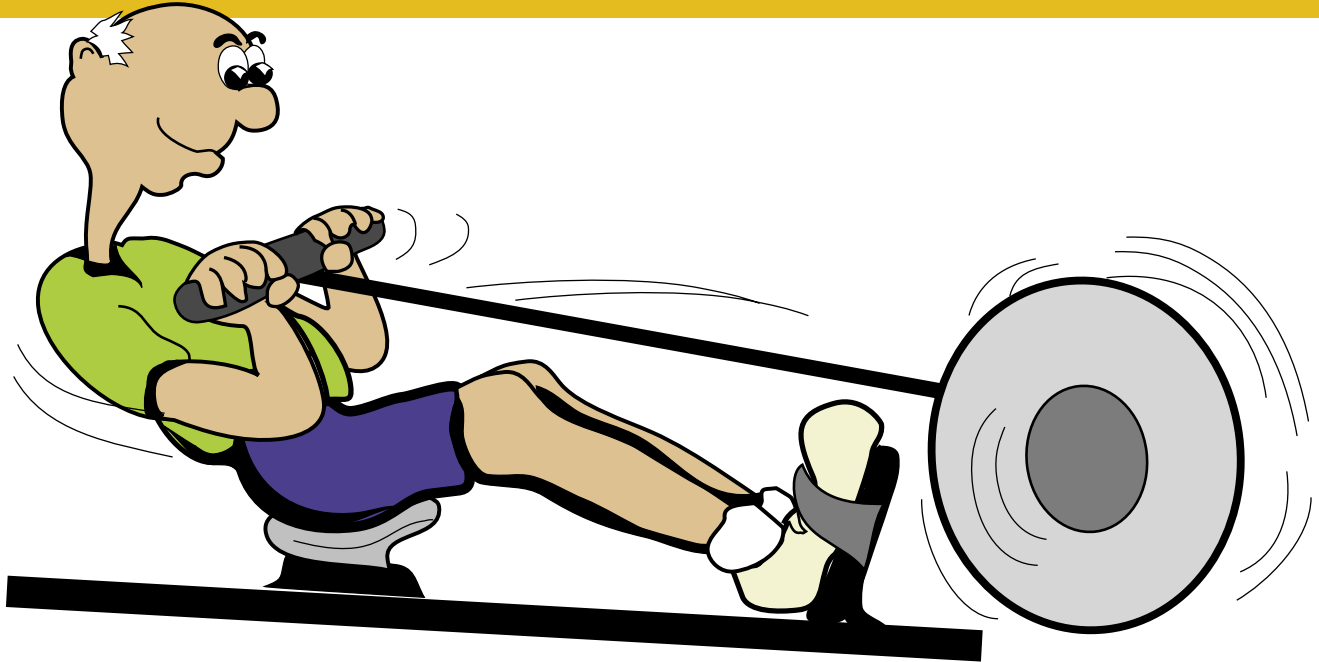


Shape Up & Have Fun!

# Senior Fitness Classes

At the Coral Springs Aquatic Complex



The Fitness Center at the Aquatic Complex is now offering fitness classes designed especially for those age 62 and up. The classes use state-of-the-art equipment that was developed for maximum muscle and bone density re-growth. A personal trainer and geriatric nurse will be teaching each session. The sessions are easy, upbeat and fun!

Classes are  
**Free!**

**Space is limited!**

Class times vary - call 954-345-2121  
for details or to be put on the list  
for the next available class.

Classes are held at the Fitness Center  
in the Coral Springs Aquatic Complex.



The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.



Aquatic Services Department • Visit [www.coral springs.org](http://www.coral springs.org) • Watch CityTV Channel 25