

Fit and Fall Proof™

Exercise classes
for seniors

*Establish balance
and strength through
low-impact exercise*

Jeff and Becky Martin
Community Wellness
Center

510 W. Palouse River Drive,
Moscow

For more information call

(208) 883-9605



Monday
and
Wednesday
1 p.m.

Tuesday
and
Thursday
9 a.m.

Wednesday
and
Friday
2 p.m.

One-Hour
Classes

