



*It's Never Too
Late To Feel
Great.*

For more
information, please
call 706-225-3727.



**Frank Chester Senior center offers 2 levels of classes.
Session 1 begins at 8:45 am and is considered moderately
Strenuous and level 2 is mostly chair exercises and starts at
9:30 am.. Both classes are held next door in the Recreation Center's Gym..**



**Classes are held every Monday, Wednesday & Friday.
You may attend both or choose the one that
fits your level of fitness.**