JUMP START!

Step Aerobics Class

Join today!!!

Wednesdays

12:30 pm—1 pm

1001 N. Central Ave., Phoenix (Basement)

Regular exercise suited to your needs and abilities can improve your physical and psychological well-being.

Certified Group Exercise Instructor:

Fay Jackson

For more information you may send an e-mail to:
FJackson@mail.maricopa.gov

Or call: 602-506-1069

EXERCISE

- Good for your Heart
- Helps control your Blood Pressure
- Gives you more Energy
- Helps you control your Weight
- Tones your Muscles
- You may Sleep better
- Helps you control Stress

Working out will look so good on YOU!

See you there!!!

Wellness Works