



A body in motion stays in motion

Join us May 25 for a fitness sampler

Learn about Juniper classes —**Stay Active and Independent for Life (SAIL)**, **Tai Ji Quan: Moving for Better Balance** and **Walk with Ease** — and how they can help you feel your best. Try out some of the moves and have a chance to ask questions of our trained leaders.

May 25 is National Senior Fitness Day. It's a great day to kick-start your summer fitness routine.

May 25
9:30–10:30 a.m.

YMCA at the
Essentia Wellness Center
4289 Ugstad Rd
Hermantown, MN 55811

Free; no registration needed

or

Join an online fitness sampler

May 25 - 3:30–4:30 p.m.

[Register](#)

Find a class at:

yourjuniper.org

855-215-2174 (TTY 711)

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