Vivo + ADRC Aging and Disability Resource Center of Racine County

Stronger Together!

GET FIT. FEEL GREAT. BE STRONG.

Join live, small-group fitness classes **designed for older adults** - completely **FREE**!

- Fun, safe workouts that **you can join from home**
- Improve your **strength, balance**, and **mobility**
- **Personalized attention** from expert instructors
- Connect with others in a **welcoming community**
- Classes are offered Monday- Saturday weekly

- Classes will meet virtually twice a week for 45 minutes for 12 weeks.
- Vivo will provide welcome kits with exercise bands and will offer initial and follow-up assessments to help you gauge your progress.

To participate, you just need:

LAPTOP/TABLET

INTERNET

Classes are starting soon!
To register contact Taylor Scherer at (262) 833-8762 or Taylor. Scherer@racinecounty.com
(Suggested one time contribution of $10 for materials is suggested but not expected.)