



Feeling Fit Fridays

(Free and open to the public.)

Jayne Snyder Trail Center
21st and "Q" Streets
Fridays, noon to 12:45 p.m.
June 1 through Sept. 28

Join us for a sample of the classes offered by Aging Partners Fitness Center. Our instructors will be leading some of the popular fitness classes that we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Dynamic Movement
Instructor: Tracie Foreman
June 1 and July 20
- Movement and Music
Instructor: Ruth Davidson Hahn
June 8, July 13, Aug. 10 and Sept. 7
- Chair Dance
Instructor: Mitzi Aden
June 15, July 27, Aug. 17 and Sept. 28
- Qigong
Instructor: Tracie Foreman
June 22 and Sept. 14
- Tai Chi – Moving for Better Balance
Instructor: LaVonne Elfring
June 29, Aug. 31 and Sept. 21
- Line Dance
Instructor: Tracie Foreman
July 6 and Aug. 24
- Simply Fit
Instructor: Tracie Foreman
Aug. 3

**To register, call
Aging Partners Fitness Center
at 402-441-7575.**

