

*restrictions apply call center for details

For a Healthy Independent Lifestyle

Your local community center is offering group exercise classes for seniors: Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates & more. Classes are safe, affordable, and led by knowledgeable instructors.

> Public Health Seattle & King County

Emergency Medical Services Division

For more information visit: kingcounty.gov/shapeup Or call Burien Community Center at 206-988-3700 *Bring this card to the Burien Community Center & receive \$10 off any group exercise class.

> For more information Call 206-988-3700

14700 - 6th Ave SW Burien, WA 98166

Exp. 12/24/23 Card has no dollar value & can't be redeemed for cash.



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