



SHAPE UP!
50+

**\$10
off**

*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 and 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 206-684-4240 / 206-233-7138

***Bring this card to the Loyal Heights
or Bitter Lake Community Center &
receive \$10 off any group exercise class.**

**For more information
Call 206-684-4240**

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

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**For a Healthy
Independent Lifestyle**

Lifelong Recreation
Programs
4554 NE 41st ST.
Seattle, WA 98105