



**SHAPE UP!**  
50+

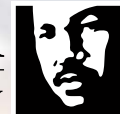
**\$10  
off**

\*restrictions apply  
call center for details

**For a Healthy Independent Lifestyle**

- *Your local senior center is offering group exercise classes for seniors such as 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](http://kingcounty.gov/shapeup)

Or call Mt Si Senior Center at 425-888-3434

