



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, 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 Northshore Senior Center at 425-487-2441

