



# Silver and Strong



- Gain strength and flexibility
- Grow and maintain muscle strength
- 6-week program
- 45 minute sessions
- Instructor led
- Includes general diet concepts
- All classes at Vesper Hall

Wednesdays, Sept. 11 - Oct 16

8 - 8:45 a.m. at Vesper Hall, 400 NW Vesper St.

Call (816) 228-0181 for more info • [www.bluespringsgov.com/vesper](http://www.bluespringsgov.com/vesper)