

## Senior Exercise Class at St. Luke's

Join us in the Parish Hall each Monday, Wednesday, and Friday from 9:00-10:00 a.m for our Senior Exercise Class. to work on increasing your balance, strength & endurance. New participants begin with a gentle exercise regime and progress slowly. We laugh a lot in class and welcome new members. For more information, please contact the office at [office@stlukesdenver.org](mailto:office@stlukesdenver.org), 303-355-2331.