

Be U-N-Move

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Annie Thompson Jeffers Library

WORKOUT WEDNESDAYS

From 5:10 to 5:50 p.m.

This exercise class will occur every other Wednesday starting on April 12. The class will consist of chair exercises, line dancing, and a variety of physical exercises. We will run the program for 3 consecutive months and continue if it's successful. Attendees of the class will sign a waiver.

Program Dates:

April 12 & 26
May 10 & 24
June 7 & 21

JACKSON/HINDS
Library System

111 Madison St, Bolton, MS 39041 | Need more information? Please call 601-866-4247