



Healthy Backs

Instructor: Angela Nelson

DATE	TIME	LOCATION
June 6	12:45-1:45 p.m.	MPRM 2
June 8	12:45-1:45 p.m.	MPRM 2
June 13	12:45-1:45 p.m.	MPRM 2
June 15	12:45-1:45 p.m.	MPRM 2
June 20	12:45-1:45 p.m.	MPRM 2
June 22	12:45-1:45 p.m.	MPRM 2
June 27	NO CLASS	MPRM 2
June 29	NO CLASS	MPRM 2
July 4	NO CLASS - HOLIDAY	MPRM 2
July 6	NO CLASS	MPRM 2
July 11	12:45-1:45 p.m.	MPRM 2
July 13	12:45-1:45 p.m.	MPRM 2
July 18	12:45-1:45 p.m.	MPRM 2
July 20	12:45-1:45 p.m.	MPRM 2
July 25	12:45-1:45 p.m.	MPRM 2
July 27	12:45-1:45 p.m.	MPRM 2

Participants must register for each session of senior aerobics before participating in the class.

GUEST OR CHILDREN ARE NOT ALLOWED TO BE BROUGHT TO CLASS.

If Montgomery County Schools are delayed or closed due to inclement weather, class will be cancelled.

If you have any questions or concerns, contact Tammy Caldwell, Supervisor of Senior of Senior & Special Populations at 382-2349, EXT. 2003 or by email: tcaldwell@christiansburg.org