

# EXERCISE CLASSES

## at KANZA WELLNESS CENTER

**COUCH  
TO 5K**  
with Veronica  
Oct. 7-Nov. 6  
TUE and THU  
5-6pm



**LEAN AND  
MEAN STRENGTH  
TRAINING**  
with Marcie  
MON and WED  
5-6pm



**WATER  
CLASS**  
with Veronica  
TUE and THU  
2-3pm



**SENIOR  
CHAIR  
FITNESS**  
with Veronica  
FRI 1-2pm



ALL FITNESS LEVELS ARE ACCEPTED AT ALL CLASSES

Call **580-362-1444** for class info and availability