

Clark County Parks and Recreation

Presents...

This class is open to anyone but focuses on the ages of 50+ year young men and women. We use 1-5 lb weights, balls and ropes to strengthen and stretch your muscles. Also makes for a good socialization class. Adaptable to all needs! Call Missy for any specific questions. Located at Mountain Crest Park in the Neighborhood Services Center.

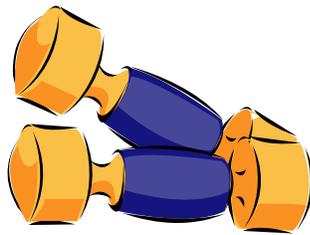
Senior Fitness Class!

**When: Every Tuesdays and
Thursdays**

Time: 9:30am-10:30am

For General Information: 455-1905

Clark County Parks and Recreation
Mountain Crest Center
4701. N. Durango Dr.
Las Vegas, NV 89129



Located at Mouain Crest Park in the