



FITNESS with JANET GILLIAM

CHAIROBICS is a fun and progressive chair exercise class that emphasizes balance, stretching and joint movement featuring music from the 1940s to the 1960s.

Thursdays 11 to 11:50 a.m.

STRENGTH AND BALANCE class incorporates aerobics, stretching, strengthening and balance while music from the '40s to the '60s keeps attendees moving.

Thursdays 10 to 10:50 a.m.

CLUBHOUSE 5 FITNESS ROOM

\$15 FOR FIVE CLASSES

**PURCHASE PUNCH CARDS IN THE
RECREATION OFFICE OR CLUBHOUSE 5 OFFICE**

CLASSES START JUNE 6



Janet Gilliam, a certified group exercise instructor, believes getting strong and fit and staying balanced is the right path for a long, healthy and active life. Diagnosed with Stage 3 cancer two years ago, she followed her own advice and now wants to share her successful recovery with you through interesting, challenging and fun exercise classes.

For more information, call 949-597-4273 or email recreation@vmsinc.org.