



Enhanced Morning Aerobics

As part of an active lifestyle we would like to keep our seniors fit and active. Aerobic exercise can effectively improve your health. You will exercise alongside a DVD of low impact or gentle aerobics. You will increase stability, balance, and energy levels and strengthen your cardiovascular system. Join us twice a week for this fun class.

Dates: January - December (off on major Holidays)

Time: 9:30am-10:30am

Days: Tuesdays and Thursdays

Fee: Residents \$Free/Non-Residents \$10

Min. 6/Max. 20

Ages: 55-99+

Please note that by registering for any program your photo may be used in advertising!



Enhanced Morning Aerobics: Make Checks Payable to: Merrillville Parks and Recreation

Students Name: _____

Address: _____

Phone: _____ Birthdate: _____/_____/_____

e-mail: _____

Class session enrolling in: _____