



Garfield Park Community Gym Thursday, December 15, 2011

You are invited to an Open House at the Garfield Park Community Gym. The gym is the site for the new Older Adult Center, which offers drop-in exercise, activity and information classes targeted for those 50 and older, however; everyone is welcome. All activities are drop-in and have a very low daily fee or are free. Come see the gym and pick a free demo class to participate in from the schedule below.

- 9:30 a.m.** Yoga
- 10:00 a.m.** Stretch and Flex
- 10:30 a.m.** Humorous Holiday Essays, Coffee
- 11:30 a.m.** Pickleball and Walking
- 12:30 p.m.** Open Gym 21+ Basketball

For a complete schedule please visit www.grcity.com/parksandrec
or call (616) 456-3232