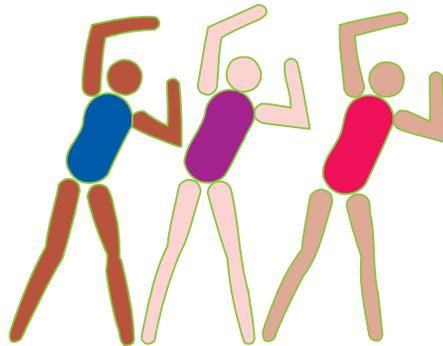




Exercise Fitness Classes

held at the Villge Center



Tai Chi

Yoga

Mat Pilates

Fit-4-Ever

Strength Training



Plan your fitness program now for good health and well-being.

Register today for the next session!

Check the *Village News* or call the center at 301-656-2797 for schedules, etc.