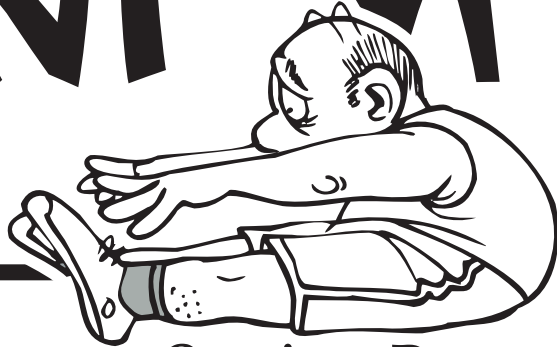


a fitness program for seniors...

SENIORCISE



at Marks Street Senior Recreation Complex
Every Monday and Wednesday
9:30 a.m. - 10:15 a.m.

This senior exercise class consists of mainly sit-down exercise, with some limited standing exercises and stretches. It will focus on the five major components of physical fitness:

**FLEXIBILITY, CARDIO,
MUSCLE STRENGTH,
MUSCLE ENDURANCE AND
BODY COMPOSITION.**

For more information,
please call (407) 254-1066

Marks Street Senior Recreation Complex
99 E Marks St • Orlando, FL 32803
www.orangecountyparks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.

