

South Lyon Center for Active Adults

# EXERCISE CLASS with CAROL GLENN

*These 1-hour beginner/intermediate level classes address total body strength, flexibility, and balance. Emphasis is placed on proper mechanics and proper movement.*

**WEDNESDAYS & FRIDAYS**

**11:45pm - 12:45pm**

pre-registration is required!

1000 N. Lafayette, South Lyon, MI  
Enter through Door #32

