



MOVING OPPORTUNITIES

Spirit, Mind, Body Together

for Healthier Living

A gathering
of **men** to
move the
body,
stimulate the
mind,



exercise the
spirit.

all punctuated with fun & laughter.

Tuesdays and Thursdays
9:30 — 11:00 a.m., The Lighthouse
9:30—10:00 Track • 10:00—11:00 Room 249

For more information, contact Joe Elmore at 979-9901, ext. 318



Body Recall is a program of lifetime fitness
designed specifically for older adults.

Classes meet on
Monday, Wednesday, and Friday
at 8:15 a.m. in The Lighthouse gym.

For more information, contact Barbara Lee at
979-9901, ext. 322.

New sessions begin January 10, 2001.