

# **Low Impact Aerobics & Stretching**

Easy to learn low impact workout for seniors or anyone who needs to limit the strain and stress on joints. A complete and gentle way to work on cardiovascular fitness, muscle strength, flexibility, and mobility. Wear comfortable clothes and come join us for a fun way to exercise.

**Tuesday & Thursday 4:00 - 4:45 pm**  
\$4.00 pay as you go or 10 class punch card \$30.00

Cape May Elementary School

For more information call Cape May Recreation, 884-9565  
or check us out online [www.capemayrecreation.org](http://www.capemayrecreation.org)