



FITNESS

FOCUS: FOR THE CLASSICS



Classes are available every
Monday & Wednesday @ 10:30am



At CRHC's Rehab & Sports Med Center
220 Essie Davison Drive in Clarinda, IA



Improve more than just fitness:

- Strength & Balance
- Coordination
- Confidence living independently



Buy a "punch pass" for \$50 and ten
classes or drop in for \$5 per class



Call Chelsea at 712-542-6734 to RSVP
or learn more about this program

Join Wellness Specialist,
Chelsea, at CRHC Rehab &
Sports Medicine Center for
a workout program
designed just for seniors
in our community!



*Chelsea Sunderman, CPT
Wellness Specialist*