

# Sit and Get Fit

## Health & Wellness Program

Village of Turtle Lake Parks & Recreation

### Exercise & Nutrition Guidance Class

Mondays and Thursdays

April 30th—May 24th

8:00 a.m.—9:00 a.m.

Lakeland Manor  
Community Room

301 Becker Street

\$20 for 8 Sessions

Includes Fitness Book

Pre-Register by April 20th

at Village Hall, 986-2241

**Classes are for Anyone of All Ages** who want to improve trunk strength as well as leg strength and balance.

Course designed around the book Sit and Get Fit by local author, Gerry Merth—Physical Therapist

Instructor: Deanna Haselhuhn - Physical Fitness Specialist

