

ACTIVE ADULT FITNESS



 **Wednesdays 10:30-11:30 a.m.**

- ✓ Moderate-impact group fitness class for ages 18+
- ✓ Feel energized, healthy, and accomplished!
- ✓ Learn new ways to exercise with a supportive and encouraging trainer!

REGISTER ONLINE: Register.BellevueWA.gov
425-452-4240 | BellevueWA.gov

BEST FOR:
Advanced
Beginner to
Intermediate



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4240 (voice) or email sbcc@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

