

# STRONG & FIT



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

- ✓ Low-impact group fitness class for ages 18+
- ✓ Improve balance, strength, flexibility and endurance with safe exercises
- ✓ A certified trainer will help modify exercises to your ability
- ✓ Exercise with a strong community of supportive friends!

REGISTER ONLINE: [Register.BellevueWA.gov](https://Register.BellevueWA.gov)  
425-452-4240 | [BellevueWA.gov](https://BellevueWA.gov)

**BEST FOR:**  
**Beginner to**  
**Advanced**  
**Beginner**



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](mailto: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](mailto:ADATitleVI@bellevuewa.gov). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

