



Young at Heart

Group Exercise Class for Age 50+

Class is held

Tuesday ~ 11:30am - 12:25pm

Meet on Track

Thursday ~ 11:30am - 12:25pm

Group Exercise Studio

Workout with Toni Truesdell, a certified Senior Fitness Instructor, doing a variety of exercises that give you a full body workout in a safe and fun way. Geared specifically as a senior friendly class designed to revitalize mature bodies and restore optimal health and wholeness by utilizing low impact, invigorating and enjoyable movement.

Members of AT&T Sports Center - FREE

Senior Circle Members (with ID card) - \$5

Guests of AT&T Sports Center - \$10



1507 N. Double B St. Palmer, Alaska 99645

Located ¾ mile west of Trunk Road on the Palmer-Wasilla Hwy

907.746.7529

www.attsportscenter.com