



Mondays

September 29th

October 6th, 20th, 27th

12:00 PM-1:00 PM

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City-County Building
Room 426 • Helena, MT

Starting an **EXERCISE** Program 4 • Class Series

**Don't lose that summer momentum. Moving indoors
for the winter doesn't have to mean hibernating!**

Find out what your options are to keep active and busy throughout the winter.

- Small ways add up big
- Plan A & Plan B: Home or the gym
- Orient yourself to your fitness facility
- Plan ahead: Don't plan to fail

How to register:

To register, please contact Morgan Maynard at momaynard@helenamt.gov or call 406-447-8333.

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Exercise

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