

MOVER'CISE

MOVER'CISE IS A HYBRID

Of Fitness & Balance Activity

&

Physical & Occupational Therapy

MOVER'CISE IS SELF-PACED

Adaptable & Effective for EVERYONE—

Beginner to Advanced

MOVER'CISE IS A BRAIN TO ANKLE WORKOUT

That maintains & improves ALL body systems

MOVER'CISE CAN

Prevent & reduce many chronic conditions
and

Slow or even reverse the aging
process

SPECIAL PRICE ON

August 1ST & September 5TH!

**BRING A FRIEND TO CLASS AND YOU
ONLY PAY \$1**

Sometimes bringing a friend to your workout can be a great way to stay on track, so grab a buddy and come join us at the next Mover'Cise class!

Tuesdays @ 11:30 AM

Shadyside Community Room

Tuesdays @ 2:00 PM

Bridgeport

Family Life Center

(by Big Lots)

Wednesdays @ 11:30 AM

Tuesdays at 6pm (Please check the schedule as
Tuesday's as seasonal)

St. Clairsville Recreation Center Meeting
Room

35-45 minute classes

Only \$5 PER CLASS

No equipment needed

More information available by calling instructor

Kathleen O'Connor at:

304.280.1567

Visit <https://stcrecdept.recdesk.com> for more information on
St. Clairsville classes!