

live AND thrive with exercise!

join us to celebrate

# National Senior Health & Fitness Day

May 29 | 8:30 AM - 2:30 PM | Osage Centre

**Free** event for ages 50+ to celebrate National Senior Health & Fitness Day! Check out the event schedule below. Find out more information at [www.cityofcape.org/fitness](http://www.cityofcape.org/fitness).

Social time with coffee & snacks | **8:30 a.m. - 10:30 a.m.**

POUND | **9:00 a.m. - 9:45 a.m.**

River Walking at Cape Splash | **9:15 a.m. - 10:45 a.m.**

Nature Walk | **10:00 a.m. - 10:20 a.m.**

Chair Yoga | **10:30 a.m. - 11:00 a.m.**

Zumba Gold | **11:00 a.m. - 11:30 a.m.**

Butts & Guts | **12:15 p.m. - 12:45 p.m.**

Cooking Demo | **1:00 p.m. - 1:45 p.m.**

BINGO | **2:00 p.m. - 2:30 p.m.**

**Fitness room tours available all day!**

Contact Christine for more information:  
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