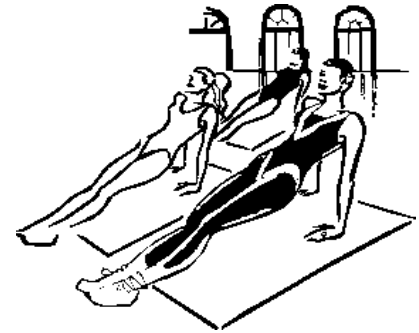




## **Exercise and Fitness Classes at the Village Center**



**Yoga**  
**Tai Chi**  
**Mat Pilates**  
**Chair Exercise**  
**Strength Training**  
**Balance, Movement & Memory**



**Plan your fitness program now for good health and well-being.**

**Register today for the next session!**

**Check the *Village News* for new and ongoing class schedules,  
or call the center at 301-656-2797 for more info.**