

Meridian Community Center Presents

Act Fit

This is a low impact fitness program designed for those who are beginners or who like a little lower style of fitness. Act Fit utilizes cardiovascular, resistance training, flexibility and balance exercises to cover all the components of fitness. Act Fit promotes health and wellness for all individuals.

Thursday @ 7pm

Classes start August 19

\$3 for members / \$5 for nonmembers

Designed by nationally certified instructor
Heather Owens

FUN*MOTIVATING*ENCOURAGING

Act Fit is specifically designed for all fitness levels. You will get a fantastic workout that promotes all components of fitness while integrating joint safety in a low impact environment.

Contact Heather Owens via email at heatherlynnowens@yahoo.com or
face book @ [heatherlynnowens](#) or [bodyfitwithheather](#)