

## **FREE Senior Exercise Classes**

Texas Health Harris Methodist Hospital Cleburne offers free senior exercise classes during the week.

These classes are designed to work at your own pace. It is a great way for someone just beginning a new exercise program or for those who want a new challenge—choose the class that fits you!



### **Monday / Tuesday / Wednesday / Thursday**

- **Monday / Wednesday | 10 to 11 a.m. (vigorous level)**
- **Tuesday / Thursday | 11:30 a.m. to 12:30 p.m. (moderate level)**  
Cleburne Senior Citizen Center  
1212 Glenwood Dr., Cleburne, TX 76033
- **Monday / Wednesday | 11:30 a.m. to 12:30 p.m. (beginner level)**  
Booker T. Washington Community and Recreation Center  
100 Mansfield Rd., Cleburne, TX 76031

Our exercise instructor, Perla Dennis, has twenty years of experience in leading group exercise classes and is a member of Aerobics Fitness Association of America. She most recently was a fitness instructor at the Fort Worth YMCA and certified in Zumba, Cycling, Pilates, Silver Sneakers Classic and chair yoga to name a few.

For more information, contact  
Community Outreach  
(817) 556-5479