

Live Longer, Be Stronger

Texas Health Hospital Cleburne offers **free** senior exercise classes. This entry-level course focuses on strength, flexibility, and endurance. These classes are designed for individuals to work at their own pace.

Our exercise instructor, Perla Dennis, is a certified fitness instructor and has twenty years' experience leading senior group exercise classes. Perla is a member of Aerobics Fitness Association of America.



Monday-Tuesday-Wednesday-Thursday

<p>Monday 10:00 am First United Methodist Church 1300 Westhill Dr Church Gym</p>	<p>Tuesday 10:00 am First Baptist Church Cleburne 414 N. Main Street Church Gym 11:15 am Cleburne Senior Center 1212 Glenwood Drive</p>
<p>Wednesday 10:00 am First United Methodist Church 1300 Westhill Dr Church Gym 11:15 am Booker T. Washington Community Center 100 Mansfield Rd.</p>	<p>Thursday 10:00 am First Baptist Church Cleburne 414 N. Main Street Church Gym 11:15 am Cleburne Senior Center 1212 Glenwood Drive</p>

For more information, contact Community Improvement (817) 556-5552