



## JOIN THE CLUB, THE SUPER SENIOR CLUB!

- Improve your cardiovascular fitness.
- Increase your flexibility and range of motion.
- Strengthen the muscles that support your joints.
- Avoid falls and loss of independence.
- Socialize with other Super Seniors.
- Receive a monthly “Senior Club Handout” that includes wellness information, healthy recipe ideas, and an up-to-date facility schedule.
- Receive a complimentary Fitness Centre Orientation.
- Have Fun!

*We can be “supers” by challenging ourselves every day, by overcoming obstacles and by achieving our goals.*

## DID YOU KNOW...

**Seniors 70 years of age & older receive a FREE Membership. Super Seniors that visit the facility once per week, for three consecutive months will be placed on our SUPER SENIOR WALL OF FAME! We want to celebrate you!**

For more information, please contact our Customer Service Team at 780-524-4097.