

# LEAPING TURTLE FITNESS



*Just keep moving!*

## **Low-Impact Cardio – and More**

- **Moderate exercise suitable for all ages**
- **Increase strength and endurance**
- **Practice movements to improve your balance**
- **Focus on core strength and flexibility**
- **Enjoy the music and have fun**
- **Donations appreciated**
- **Anyone can participate**

**Saturdays 9:30am – 10:30am**

*Sponsored by Trinity Lutheran Church in Middle Village*

Classes will be held in Juniper Park on the 80<sup>th</sup> Street shuffleboard court. In inclement weather, we will meet inside Trinity Lutheran Church, entrance on 81<sup>st</sup> Street between Penelope Ave. and Juniper Blvd South.

Anyone can join. Donations appreciated.

Contact me via email or text below for schedule updates.



**DORIS TEGGE, GROUP PERSONAL TRAINER**

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