



SENIOR

Fitness Orientation

Calling all seniors! If you are interested in learning about fitness at The Station, come join us every month for a Senior Fitness Orientation. Our fitness orientation for seniors includes learning how to use fitness equipment at The Station, general nutrition information, fitness education, injury prevention, and learning about different physical activities to stay active! Enroll today (maximum 10 participants) and let's get to work.

WHERE: The Station

WHEN: Last Thursday of each month (June-August, 2024)

TIME: 10-11am

FEE: Free for passholders, \$30 for non-passholders

TO REGISTER: [cityof moore.com/fun](https://cityofmoore.com/fun)

For more information call Moore Parks & Recreation at **(405) 793-5090**.

