Exercise

Some Fit Facts about

Your provider
You must get a referral from the Health Center
You must be a patient or a Hoyt

Here's what you need to join:

- Weight down
- Burn calories and keep
- Boost bone strength
- Lower blood pressure
- Reduce blood cholesterol
- Improve blood levels
- Help normalize your gh
- Exercise every day
- With just 30 minutes of

Exercise is Heart Smart.

Norma has been given a second chance. She is the most important time in my life. I have

The Exercise class is the most

About the classes

phere
Fun and friendly atmosphere
Goals
Personalized fitness
Latin music

Plus, and dancing
such as walking, aero
Low impact Exercise

Health. Our classes feature:

move your way to a good
self to work with you. Come
especially trained lifestyles
this one is special. We have

Not just any exercise class.