



FREE fitness classes offered here!

It's now easier than ever to live a healthy, active lifestyle *at any age*. The SilverSneakers FLEX® program brings fitness, fun and friends right to your neighborhood! And it's **FREE** for SilverSneakers members. You're already here – come in and play.

Class: Cardio

Date: April 16, 2019

Time: 9 AM

Place: Erwin Parks and Recreation (Gym)
810 South 16th Street, Erwin, NC

Join us for a class this week! [SilverSneakers.com/FLEX](https://www.silversneakers.com/FLEX)

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SilverSneakers
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FLEX
Community
Fitness Classes