



# Feeling Fit Fridays

*(Free and open to the public.)*

Jayne Snyder Trail Center  
21st and "Q" Streets  
Fridays, noon to 12:45 p.m.  
June 1 through Sept. 28

Join us for a sample of the classes offered by Aging Partners Fitness Center. Our instructors will be leading some of the popular fitness classes that we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Dynamic Movement  
Instructor: Tracie Foreman  
June 1 and July 20
- Movement and Music  
Instructor: Ruth Davidson Hahn  
June 8, July 13, Aug. 10 and Sept. 7
- Chair Dance  
Instructor: Mitzi Aden  
June 15, July 27, Aug. 17 and Sept. 28
- Qigong  
Instructor: Tracie Foreman  
June 22 and Sept. 14
- Tai Chi – Moving for Better Balance  
Instructor: LaVonne Elfring  
June 29, Aug. 31 and Sept. 21
- Line Dance  
Instructor: Tracie Foreman  
July 6 and Aug. 24
- Simply Fit  
Instructor: Tracie Foreman  
Aug. 3

**To register, call  
Aging Partners Fitness Center  
at 402-441-7575.**

