



A Pioneering Area Agency on Aging

Fitness Center



CITY OF
LINCOLN
COMMUNICATIONS

LNKTV
CITY

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HEALTH

Location: 555 S. 9th St., Lincoln

Hours: Weekdays, 8 a.m. to 4 p.m.

\$10 suggested monthly contribution for age 60 and over and family caregivers of any age.

\$15 monthly fee for under age 60.

Certified Personal Trainer Available

Tuesdays and Thursdays

9 to 11:30 a.m., 12:30 to 2 p.m. or by appointment

Call 402-441-7575 today!

(Available for viewing through ALLO Channel 2; Spectrum Channel 1300; Kinetic Channel 5; and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn).