



Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



Tuesday & Thursday

1:45-2:30 pm

No Cost

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. You must create an online account before registering.

55+ STRONG BONES

DO YOU WANT TO IMPROVE

YOUR BONE DENSITY?

DO YOU WANT TO INCREASE

YOUR STRENGTH AND FLEXIBILITY?

You must bring your own mat; no mats are provided. Class includes standing & floor exercises for adults 55+ only. Online advanced registration is recommended.

For more info. & to register: www.townofhopemills.com