

New Senior Fitness Class!  
Tuesdays & Thursdays  
1pm-1:45pm  
\$4 per class or Free  
with Premium Monthly or  
Annual Senior Pass or  
SilverSneakers®  
Membership

**Starting  
on  
January  
5th**

# Aerobic Fit

Designed for older adults, this fitness class is a fun, energizing class to burn calories.

Incorporating flexibility, cardio conditioning, balance, and strength through dance style movements. This class provides a total body workout that is appropriate for all fitness levels.

**Instructor: Hilarey Gray**

**Longview Recreation  
Center in Spring Hill**

2909 Commonwealth Drive  
Spring Hill, TN 37174

For more information,  
please call (615) 302-0971,  
ext. 2218 or e-mail  
[rebeccaf@williamson-tn.org](mailto:rebeccaf@williamson-tn.org).

**PREMIUM MONTHLY OR ANNUAL SENIOR PASS:**

Seniors (55+) can get an all inclusive monthly or annual pass (prices vary). Pass includes indoor amenity use at all primary recreation facilities, access to senior land-based fitness classes, group fitness classes, and aqua fitness classes. For more information, please visit the front desk.