Strength Training Program

Why Extension Get Fit?

- Safe, Structured, and Affordable
- Appropriate for ALL fitness levels
- Supportive group environment
  - It’s fun!

This program is designed to increase strength and improve balance and flexibility.

Starts March 11th!

Covers:
12 Weeks
2 Times Per Week
Wednesdays & Fridays
10 AM—11 AM
Prescott/Nevada County Library

$12.00

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.