



Are you 60 years or older and looking for something to kick start your day without leaving the comfort and privacy of your own home? Join Mz Fit Monday through Friday 9:00am for Virtual Club 99 class. The classes consist of light cardio and resistance band exercises. For more information call or email [julie.ruszala@erie.gov](mailto:julie.ruszala@erie.gov) 716-858-6403.

