

CLUB GA Virtual Membership

Starts Tuesday, December 1st

JOIN TODAY! Send an e-mail message to:
ClubGAVirtualExercise@ga-er.org

DETAILS:

Weekly virtual classes via ZOOM Including:

- Gentle Mat Yoga
- Total Body Circuit
- SilverSneakers Classic and more!



PRICING:

-FREE for December, \$20/month starting in January. -
FREE for those with insurance benefit such as
SilverSneakers, Silver&Fit.

WHAT YOU MAY NEED:

- A computer/device with access to Zoom
(Zoom is free to download and use)
- Optional equipment for your classes - mat, sturdy chair, band or light weights
- A safe space in your home to exercise

HOPE TO SEE YOU “VIRTUALLY”

