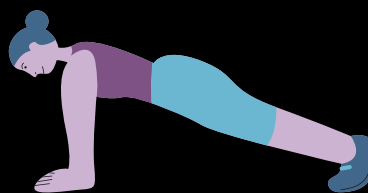
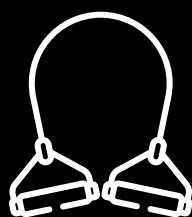




TCRHCC HEALTH PROMOTION & DISEASE PREVENTION

FUNCTIONAL STRENGTH EXERCISE CLASS

- SENIOR FITNESS HOUR (55+ YRS) @ **9 AM** ON MON. & WED.
- YOUTH FITNESS (12-17 YRS) @ **3:30 PM** ON TUES. & THURS.



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