

# FREE EXERCISE CLASSES



RSVP  
POLK **BONE BUILDERS**

Bone Builders is a low-impact chair exercise class for individuals 50 years of age and older developed by Tufts Medical University to build bone density and help combat the effects of osteoporosis. Classes meet twice weekly. Don't miss out on your chance to join for free today.

## EVERYONE IS WELCOME

### Frostproof

**Sun Ray United Methodist Church**

316 Raymond Ave.

Frostproof, Florida 33843

Contact Phone Number: 863-458-3044 (Please leave a message or text)

Classes: Monday and Thursday: 10:00 - 11:00 a.m.

Contact RSVP Polk:

1290 Colfview Avenue • P.O. Box 9005 Drawer HS02  
Bartow, FL 33831

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