

Midland Park Memorial Library

Join us on Tuesday mornings for Gentle Senior
Strength, Balance + Cardio.
Registration is Required!

Tuesdays @
10:30
AM



Instructor
Mary Lyons-
Kim

Please bring light weights if you would like!

Gentle Senior Strength, Balance + Cardio

*\$10 donation per class is suggested to be given to the
instructor.*

*Please call 201-444-2390 or email
MIPKCIRC@bccls.org to register.*

www.midlandparklibrary.org