Low-Impact Exercise
for Seniors or Adults with Limited Mobility

Sit & Be Fit

Auberry Library
33049 Auberry Road | 855.8523
**Thursdays at 12pm**

Betty Rodriguez Library
3040 N. Cedar Ave. | 600.9245
**Every other Monday at 10am & 10:30am**

Fowler Library
306 S. 7th Street | 600.9281
**Saturdays at 11am**

Fig Garden Library
3071 W. Bullard Ave. | 600.4071
**Thursdays at 10am & 11:30am**

Gillis Library
629 W. Dakota Ave. | 225.0140
**Tuesdays at 11am**

Sanger Library
1812 Seventh Street | 875.2435
**Fridays at 11am**

West Fresno Library
188 E. California Ave. | 600.9277
**Thursdays at 10:30am**

**Community Center Sites:**

Mosqueda Center
4670 E. Butler Ave.
**Wednesdays at 10:30am**

Pinedale Community Center
7170 N San Pablo Ave.
**Wednesdays at 10am**

Senior Citizens Village
1917 S. Chestnut Ave.
**Tuesdays at 10:30am**

Ted C. Wills Community Center
770 N San Pablo Ave.
**Wednesdays at 9:30am**

Limited space.
Some libraries require registration.

APRIL THROUGH JUNE 2019

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