Join SPAR Fitness Program for Seniors

Roshanda Spears, Instructor

Day & Time of Exercise	Type of Exercise	Place
Mondays 8:30 to 9:30 am	Step and Regular Aerobics	David Raines Center
Mondays 10:15 to 11:15 am	Chair Aerobics	Airport Park
Tuesdays 8:30 to 9:30 am	Chair Aerobics	David Raines Center
Tuesdays 10:45 to 11:45 am	Chair Aerobics	Bill Cockrell Center
Wednesdays 11:00 am to 12 Noon	Chair Aerobics	A. B. Palmer Center
Thursdays 9:00 to 10 am	Chair Aerobics	Hattie Perry Center
Thursdays 10:15 to 11:15 am	Chair Aerobics	Valencia Center
Thursdays 11:30 am to 12:30 pm	Chair Aerobics	Lakeside Center

Center Locations & Phone Numbers

David Raines Center, 2920 Round Grove Lane, 673-5342; **Airport Park Center**, 6500 Kennedy Dr., 673-7803; **Bill Cockrell Center**, 4109 Pines Road, 629-4185**; A. B. Palmer Center**, 547 E. 79th St,673-5336; **Hattie Perry Center**- 4300 Ledbetter, 673-7810; **Valencia Center**- 1811 Viking Dr, 673-6433; and **Lakeside Center**, 2200 Milam, 673-7813