



Pat Rose Seniors Exercise Specialist and the Rush Recreation Department presents a winter session  
“Seniors exercise class”.

The 8-week program will be on Thursday's  
November 19<sup>th</sup>-January 21<sup>st</sup> (No class November 26<sup>th</sup>  
or December 24<sup>th</sup>)  
from 10:00AM-11:00AM.

The classes will be held at the Rush park pavilion.  
The classes will be taught by Pat Rose a Certified instructor. The cost per person will be \$45.00 for Rush residents and \$50.00 for non-Rush residents. The cost of this program maybe reimbursable through your own health insurance plan! Make sure you bring your bar weights or two cans of soup!  
Sign up begins now at the Rush Town Hall clerk's office.

Please call Pat Stephens at 533-2340 if you have any questions.