

Millennium

Development

est. 1993

**Millennium
Active Adults**

Indoor Fitness Walking Program @



Where:

All Participants please use the Flatbush Avenue Main Entrance
A parking entrance is available at Flatbush Ave. and Ave. V **ONLY**

When: Friday Mornings beginning **@ 8:30am**

Throughout February & March

2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26



Why: To continue our active healthy lifestyles throughout the harsh winter months
Cold Water and a healthy snack will be provided



Now with ZUMBA – Latin Dance Exercise @ 9:45am

In The Community Room At Kings Plaza

Meet at Modells directly after the Walking Program @ 9:30am

This program is provided by Millennium Development and supported by
The NYC Department for the Aging and The NYS Office for the Aging

