



# Let's Get Up & Move

**Every Tuesday  
2:45pm - 6:00pm**

This class will explore different types of exercising. The group will go to various locations to exercise including The Dome, YMCA, classes in the Discovery Center to try different type of exercises. Friends who move together stay together! Learning social skills, appropriate conversation topics, and getting exercise. Come join the fun and make friends while staying fit.

**Activity cost: \$5  
Class size: 10+**



**650 W International Airport Rd  
Anchorage, AK 99518**



**907-433-1700**



**[www.hopealaska.org/community-engagement-center](http://www.hopealaska.org/community-engagement-center)**