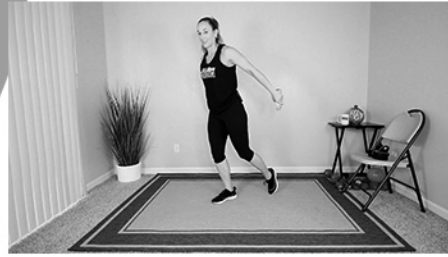


Senior Fitness

with Meredith



Free Workouts Include:

- Low Impact Cardio Routines
- Resistance Bands Exercises
- Posture, Balance & Stretching
- Seated Routines
- Beginner, Intermediate & Advanced Levels
- Core Strengthening
- Much More!

SF

* New Exercises Posted Each Week!

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