

Douglas Coffee County Parks & Recreation Fitness  
We make Fitness Fun!

Call:  
383-7332

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# Moving Easy Exercise

## Chair Fitness



**Time:** 10:00 am -10:45 am

**Day:** Tuesday and Thursday

**Location:** Aerobic Studio 200-E S Madison

**Cost:** \$12 for (4) Weeks

Reg. Main office

200-C South Madison Ave.



- Helps ease the pain of arthritis
- Increase your strength, flexibility, balance and improve your joint movement.
- Exercises performed while sitting in a chair using small weights, resistance bands, & sponge balls.

Call Gina for more information,  
912-383-7332.

**Instructor**  
**Gina Gibbs**