

LADIES EXERCISE CLUB
Tucson Estates Property Owners Association

Where: MULTI-PURPOSE BUILDING

When: MONDAY, WEDNESDAY AND FRIDAY 9-10 AM

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Function of Club:

TO BRING TOGETHER A GROUP OF LADIES FOR THE ENJOYMENT OF PHYSICAL ACTIVITIES AND FRIENDSHIPS. WE BELIEVE IN STAYING HEALTHY THROUGH STRENGTH, BALANCE, STRETCHING AND ENDURANCE EXERCISES. WE'RE COMMITTED TO A BETTER LIFE THROUGH REGULAR EXERCISE. IT FOLLOWS THAT WHAT'S GOOD FOR OUR BODIES IS GOOD FOR OUR HEARTS AND MINDS AS WELL.

All members of the Club must be residents of Tucson Estates and be willing to take an active part in the Club and its programs.

New members are always welcome.