

## ***Fitness Made Simple!***



Chair-based seated and standing toning/strengthening exercises.  
Use of hand weights, resistance bands, and exercise balls (equipment provided).  
Modifiable for a variety of fitness levels.

**Mondays & Wednesdays, 9:00–10:00 AM**  
**Starting February 10<sup>th</sup> to March 19<sup>th</sup>**  
**(no class on Presidents Day - Monday, February 17<sup>th</sup>)**  
**at the Franklin County Extension Office**  
**COST - \$5.00**

**Call 208-852-1097 to sign up**

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; [lsant@uidaho.edu](mailto:lsant@uidaho.edu).