



Be U-N-Move
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Annie Thompson Jeffers Library

WORKOUT WEDNESDAYS

From 5:10 to 5:50 p.m.

The Be-U-N-Move workout class is back! Workout Wednesdays will be starting again on August 2nd. The class will consist of chair exercises, line dancing, and a variety of physical exercises. This program will run for 3 consecutive months. Attendees of the class will sign a waiver.

Program Dates:

August - 2, 16, 30

September - 6, 20

October - 4, 18



111 Madison St, Bolton, MS 39041 | Need more information? Please call 601-866-4247