



*A Pioneering Area Agency on Aging*

# Fitness Center

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**Location:** 555 S. 9th St., Lincoln

**Hours:** Weekdays, 8 a.m. to 4 p.m.

\$10 suggested monthly contribution for age 60 and over and family caregivers of any age.

\$15 monthly fee for under age 60.

**Certified Personal Trainer Available**

Tuesdays and Thursdays

9 to 11:30 a.m., 12:30 to 2 p.m. or by appointment

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***Call 402-441-7575 today!***

(Available for viewing through ALLO Channel 2, 3 and 23; Charter Spectrum Channel 1300, 1301 and 1303; Windstream Kinetic Channel 1005 and 1010; and available anytime on the City of Lincoln website and Live & Learn's YouTube channel.)