

**PHYSICAL
BENEFITS**

Low Impact Aerobic Exercise
Increases Heart Rate
Burns Calories
Increases Lung Capacity
Increases Muscle Tone
Sharpens Your Senses
Creates Body Rhythm
Relaxes Your Body
Loosens Your Joints
Increases Blood Flow
Burns Fat
Non Smoking Atmosphere

**MENTAL
BENEFITS**

Stimulates Brain
Increases Retention
Sharpens Listening Skills
Reduces Daily Stress
Shuts Off Outside Activities
Develops New Motor Skills
Pride in Accomplishment

**SOCIAL
BENEFITS**

Meet New Friends
Activity Done With Spouse
Reduces Inhibitions
Creates Social Ties
Business Contacts
Three Generations Can
Participate Together
Clean Entertainment
Non Alcoholic