

# Group Flexibility and Step Aerobics Class



## 6-week class on Thursdays

- June 18, 2026 to July 23, 2026
- 5:30pm-6:30pm

## Eligibility

- Open to the community
- 18-65 years of age

## Location

- McCann Community Center
- 399 McCann St.  
St. Ignace, MI 49781

## Register

- Sault Tribe Community Health: **906-632-5210**
- 10 participants



**WEAR COMFORTABLE LOOSE-FITTING CLOTHING, SECURE FITTING SNEAKERS, AND BRING WATER TO DRINK.**