



# Margaret Place Senior Apartments is Now Offering Senior Fitness Classes

*Margaret Place Senior Apartments  
is proud to partner with*



to provide professional quality, Certified  
Personal Trainer led senior fitness classes.

We will be holding classes on Monday,  
Wednesday and Friday each week  
from 1:30pm - 2:15pm.

Come join our group and experience  
improved strength, balance and  
and mind/body connection.

Classes are free with insurance from SilverSneakers,  
Silver & Fit, UCare, Humana, BCBS, Medica,  
Cigna, Aetna, United Health & Health Partners.



For more information or to sign up for classes,  
contact Lucia Frost at [luciaf@marytinc.com](mailto:luciaf@marytinc.com)  
or call (763) 710-1498

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