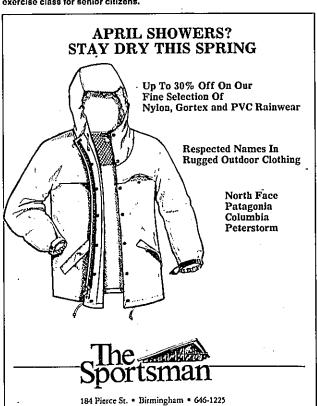
utilize aerobics



GARY CASKEY/staff photographer

Helen Lynch (left) and Marjorie Free swing to the music during serobics exercise class for senior citizens.



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