

## GOLDEN GIRLS



GLENN OGILVIE The Observer

This group decided to kick-start their day by getting outside Wednesday. Kristi Kleinsmith, second from left, a Fit To Go instructor, teaches her sister Lisa some punching exercises. Looking on is Elva McIntyre, left, and Carla Kleinsmith. The four were taking part in an exercise class on the berms of Centennial Park. Kleinsmith started the new business, which teaches fitness in homes, offices and parks, as an alternative to the gym routine.