

Senior Fitness Class

Come join this **ENERGIZING** class that
benefits both body and spirit.

Tuesdays & Thursdays 9:00 am – 10:00 am

6 Week Class - \$30 (12 sessions)

March 29th – May 8th

Worth Township New Gym 11601 S. Pulaski, Alsip

- Also
- * Increase flexibility
 - * Improve posture
 - * Build muscle mass
 - * Gain endurance



The class will be taught with standing or chair assistance.
Participants will be guided to improve their own personal goals.

THIS CLASS IS FOR BOTH MEN AND WOMEN.

Sign up in the Senior Room, or call 708-371-2900 x 28