

Berwyn Recreation Center
Fitness for Seniors
SESSION II
IT'S FREE! SO, LET'S GET FIT!



Join us for a weekly workout designed specifically for older adults 55 & over. Seniors will perform exercises that are similar to everyday movements in life.

Be a part of the fun & keep moving!

KEEP MOVING & BE ACTIVE TO STAY HEALTHY & BE PART OF THE TEAM!

Dress in comfortable loose clothing & wear gym shoes

Register today!

Meet & register at the Berwyn Recreation Gym

6501 W. 31st Street, Berwyn or call for more info. (708) 749-6531

Thursday's class beginning January 9th thru May 21st from 10:30 - 11:30 a.m.

A lite snack & beverage served to refresh your body after your work out!

The program is sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents

Non-resident fee: \$2.00 per class



Participants should consult with a physician for approval to perform lite movement & stretching exercises before participating in the program.