

**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. 31<sup>st</sup> Street, Berwyn or call for more info. (708) 749-6531*

*Thursday's class beginning January 16<sup>th</sup> thru May 28<sup>th</sup> 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.*