

Berwyn Recreation Center Winter 2023 Fitness for Seniors 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 & be active to stay healthy!

Be part of our team and...

REGISTER TODAY!

Dress in comfortable loose clothing & wear gym shoes.

Meet at the Berwyn Recreation Gym

6501 W. 31st Street, Berwyn / 708-749-6535 ask for Sherry

Fridays – Jan. 13th, 20th, 27th, Feb. 3rd, 10th, 17th

10:00 a.m. to 11:00 a.m.

The program is sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents

Non-resident \$10 per class or join at a discounted rate for all classes - \$50



As with any physical activity, please consult your physician for approval to perform light movement & stretching exercises before participating in the program.

Class Instructor – Carlos R.