Berwyn Recreation Center
Spring 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
FRIDAY MORNINGS – 10:00 a.m. to 11:00 a.m.
March 3rd, 10th, 17th, 24th, 31st, April 14th, 21st, 28th, May 5th, 12th & 19th

The program is sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents

Non-resident $5 per class or join at a discounted rate for all classes - $45

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.