

**Berwyn Recreation Center
Fall 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

September 15th, 22nd, 29th, October 6th, 13th, 20th, November 3rd & 17th

10:30 a.m. to 11:30 a.m.

The program is sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents

Non-resident \$5 per class



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.