

# City of Berwyn Recreation

6501 W. 31st Street, Berwyn - (708) 788-2010 / (708) 749-6531

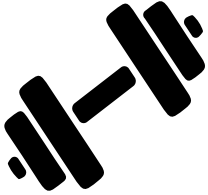
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## FITNESS WITH CARLOS

Join us for a workout designed specifically for older adults 55 & over.

Exercises are similar to everyday movements in life.

Be a part of the fun, keep moving & be active to stay healthy!



**REGISTER TODAY & GET FIT!**

**FRIDAY'S MORNINGS**

**10:30 A.M. - 11:30 A.M.**

**CLASS STARTS FRIDAY SEPT. 13TH**



### FITNESS WITH CARLOS WILL MEET ON THE FOLLOWING DAYS:

September 13th, 20th & 27th October 4th, 11th & 18th

November 8th, 15th & 22nd & December 6th & 20th

(Next class begins in January 2025)

Dress in comfortable, loose clothing & wear gym shoes.

Class meets at the Berwyn Recreation Gym - 6501 31st Street, Berwyn

Sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents - Non-resident \$5 per class

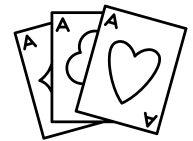
As with any physical activity, please consult your physician for approval to perform light movement & stretching exercises before participating in the program.

Unable to attend class call (708) 646-3717 by or before 9:30 a.m.

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## RIVERS CASINO



**Try your luck at the Rivers Casino!**

**Senior & Adults 55 & over!**

**Bring a friend & enjoy your day in the hot seat!**

**Monday October 21st & November 18th**

**Meet at 8:45 a.m. at the Berwyn Recreation Center - 6501 W. 31st Street, Berwyn**

**Van departs promptly at 9:00 a.m. & returns approx. 2:30 p.m.**

**Enjoy the FREE ride back with your winnings!**

**Must be registered to attend the trip!**

**Call (708) 749-6535 for reservation**