

City of Berwyn Recreation

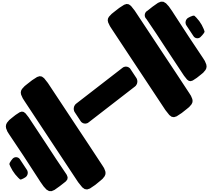
6501 W. 31st Street, Berwyn - (708) 788-2010 / (708) 749-6531

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:

December 6th & 20th

Next SESSION 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.



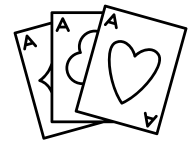
RIVERS CASINO



Try your luck at the Rivers Casino!

Senior & Adults 55 & over!

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



RIVERS CASINO TRIP COMING IN FEBRUARY 2025

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