

Morton Park District

FIT & FUN EXERCISE

Winter 2018

Looking for something to do? How about a class that burns fat, tones muscle and strengthens your heart and lungs! Come join our instructor Anne Risinger for an hour class that includes walking, stretches, low impact exercises, resistant training with bands, balls and weights. (Participants should bring their own 1-5 lb weights.) Please check with your doctor before starting a new exercise program.

November 6-December 20 (no class 11/22)

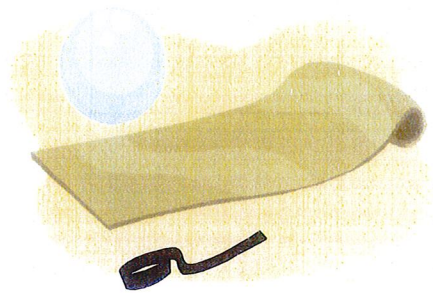
Days: Tues and Thurs

Times: 8:30 – 9:30 am

Location: Rec Center at 324 Detroit

Cost: \$30.00 Resident

\$60.00 Non-Resident



Registration begins now. You can register on-line for this class at www.mortonparkdistrict.com or walk-in at the office. If you have any questions please call the park office at 263-7429 or stop by the office at 349 W. Birchwood during office hours, Monday-Friday from 8:30am-Noon and 1:00-5:00pm. Check us out on Facebook too!