



# BALANCE, STRETCH & STRENGTH WITH CINDY

**YOUR ONE STOP SHOP FOR ALL OF YOUR  
FITNESS NEEDS!**

*Plus, we're pretty fun to hang out with, too!*

## Monday Mornings

### 10-11am

\$5.00 per class

or \$20 punch card for 5 classes

Punch Cards can be used for all fitness classes at SOAR@dorr

**CONTACT LAURA  
WITH QUESTIONS  
(815) 338-0125**

