

Free!!

# FIT & STRONG

## Points to Remember:



- Class is held TWICE weekly, Tuesdays and Fridays.
- This is a PROGRESSIVE exercise class!
- Regular attendance yields the best results.
- In this class you can possibly reduce stiffness, increase bone density, reduce joint pain by building muscle, increase flexibility, and strengthen your lower body to reduce falls!

**Tuesdays & Fridays**  
**10-11:30am**

**Classes begin Tuesday, April 11th!**

**\*\*No class on Friday, April 21st!\*\***

You must have registered and been fitted for the proper equipment from SOAR@dorr to participate in this FREE program.

Contact Laura with Questions  
(815) 338-0125  
lauraw@dortownship.com

**\*REMEMBER  
THE  
IMPORTANCE  
OF  
SELF CARE**

*\*\*psst...You owe it  
to yourself!*

