

**NEW!**

*Keep*

# FIT & STRONG

Did you miss the opportunity to join  
our last Fit & Strong class?

*No worries...we've solved your dilemma!*

## KEEP Fit & Strong

Fridays 10-11:30am

**\*\*begins Friday, July 28th**

**\$5.00 PER CLASS OR**

**BUY A PUNCH CARD FOR \$25.00 FOR 8 CLASSES**



A PROGRESSIVE EXERCISE CLASS THAT...

- INCREASES FLEXIBILITY
- REDUCES JOINT PAIN
- STRENGTHENS LOWER BODY TO HELP REDUCE FALLS



Dorr Township  
1039 Lake, Ave., Woodstock, IL 60098  
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