

# keep fit & strong

/kēp/fit/an(d)/strōNG/ verb

a progressive exercise class that increases flexibility, reduces joint pain and strengthens lower body to help reduce falls



fridays 10-11:30am

8 week punchcard for \$25.00  
or \$5.00 per class

\*\*punchcard NEVER expires and can be used on any fitness or wellness class at SOAR@Dorr!\*\*



Dorr Township  
1039 Lake, Ave., Woodstock, IL 60098  
(815) 338-0125 ask for Laura  
lauraw@dortownship.com

