

FRIDAY HERO WORKOUTS

January 10 - March 20

FRIDAYS, 12-12:50 PM
JANUARY 10–MARCH 20

CALLING ALL VETERANS, our Healthy Minds Healthy Bodies team will be offering a **FREE group fitness class** to all Veterans who have a Regent or NovaCare Fitness membership every **Friday, January 10–March 20**.

Join Maggie, Kwame and Christine for a different 50 minute workout and occasional yoga practice each week. Build camaraderie while improving strength, balance and range of motion.

No registration required. Arrive at 11:50am and check in at the Community Center front desk. The staff will direct you to the class.

MUNDELEIN PARK & RECREATION DISTRICT
Connecting Our Community

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