



Only \$5.00 per class, no pre-registration needed.

FITNESS FOR ALL

Want to become stronger and overall healthier? Designed to be energetic, safe, effective, and FUN! Be ready to engage and improve your strength, flexibility and range of motion.

Where: Cedar Lake Clubhouse, 9800 W. 129th Avenue **When:** 8:00am – 9:00am - Tuesday and Thursday

What to bring: Hand weights, a mat and water. Daycare is not provided but children are welcome.



For those who need a more Gentle Exercise – try sitting while working out. It's easy and you still get the benefits of a work out. **Where:** Cedar Lake Clubhouse, 9800 W. 129th Avenue **When:** 9:15am -10:00am Tuesday and Thursday **What to bring:** Hand weights and water. We provide the chair.

Please feel free to call with any questions: Kim Defrancseco at (219)775-9885 or

Patsy Casassa (219) 374-7400 Ext. 119 or email Patsy.casassa@cedarlakein.org

The material and/or activity is neither sponsored, promoted, or endorsed by Hanover Community School Corporation; and the sponsoring organization agrees that the Hanover Community School Corporation, as well as its individual School Board members, administrators, teachers, and other employees, will be held harmless by the sponsoring organization for any liability, cost, damage, and attorney fees that result directly or indirectly from the material contained in the distributed literature and from the programs conducted by the sponsoring organization.



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