



**FREE
EXERCISE
CLASS**

Senior Fitness for 55+

**Tuesdays & Thursdays
8:30-9:15 a.m. and 9:30-10:15 a.m.
Village of Minooka
121 McEvilly Road, Minooka**

Senior Fitness is provided by Morris Hospital & Healthcare Centers. Classes are designed to provide low impact aerobics training for participants 55 and older. The class also incorporates strength training with weights or resistance bands for an overall workout.

Exercise has many benefits for seniors, including:

- improved strength to help stay independent
- improved balance to reduce the risk of falls
- helps prevent or delay disease such as heart disease, diabetes and osteoporosis
- socialization! You get to work-out with a group of people that you can interact with regularly

Class size is limited to the first 20 participants, so please arrive early.

**Questions? Call the Morris Hospital
Wellness Manager at 815-705-7358.**



**MORRIS
HOSPITAL**
& HEALTHCARE CENTERS