

Bodies in Motion

*Spring 2018
Session*

Tuesdays and Thursdays
11:15 am – 12:00 pm

April 3-May 10
Sycamore Public Library

Cost – must be least age
60 to register for \$25. The
non-senior rate is \$75.



Bodies in Motion students will enjoy the “fitness made fun” atmosphere while listening to music from the 1930’s, 1940’s and 1950’s. The class includes chair exercises and activities that may improve eye, hand and foot coordination as well as balance, flexibility range of motion and energy.

REGISTRATION REQUIRED:
www.kish.edu

