

Complete Workout-Low Impact

*Spring 2018
Session*

Tuesdays and Thursdays
9:30am-10:15am

Jan. 16-Feb. 27
DeKalb Senior Center
330 Grove St. #3
DeKalb, IL

Cost- \$25 (60 yrs+)
\$75 (under 60yrs)



The Complete Workout – Low Impact class is for adults of all ages who want to get in shape and/or stay fit. Classes will include stretching, strength training and cardio workouts. Students will work at their own pace and will need to bring hand weights (3-5 pounds), an exercise mat. and water. Please wear comfortable clothes and gym shoes.

For more information and to register,
please contact Melissa Gallagher
(mgallagher1@kish.edu, 815-825-9466)

