

Come relax with



Good for your body, mind, and soul
Stress relief Strength training Flexibility benefit

Tuesdays and Thursdays

9:30 a.m. – 10:30 a.m.

\$2 per class

The Biela Center
4545 Midlothian Turnpike
Crestwood, IL 60418

If you have any questions, please call Cindy at 708-371-4800 Ext. 6001



Motivation is what gets you started. Habit is what keeps you going.