

SENIORS PUMP IT UP!

WITH CERTIFIED INSTRUCTOR, DIANA ESPARZA

*SENIORS
GET YOUR BODY MOVING WITH AN
EXERCISE CLASS DESIGNED*

JUST FOR YOU



MONDAYS, WEDNESDAYS, & FRIDAY'S

11:15 AM- 12:00 PM

\$2.00 a class

**THE BIELA CENTER
4545 MIDLOTHIAN TURNPIKE
CRESTWOOD, IL 60418
708-371-4800 EXT: 6000**