

A NEW FITNESS PROGRAM BODY UNDER CONSTRUCTION 2022



DESIGNED TO:

- **BE CHALLENGING & FUN**
- **BE A FULL BODY WORKOUT**
- **BURN CALORIES & FAT**
- **IMPROVE FLEXIBILITY**
- **IMPROVE MUSCLE STRENGTH**
- **IMPROVE CARDIO FITNESS**
- **PROVIDE NUTRITION ADVICE**

**FREE
CLASSES**

DAYS: MONDAYS & WEDNESDAY
TIME: 9:00AM - 10:00AM
WHERE: 600 N. WESTERN AVE.

Donations are welcome

SIGN UP NOW!

For More Information Contact: Activities Director, Orman Jones

Email: ojones@westernavenuecc.org

☎ 309 829-4807

 **Western
Avenue**
COMMUNITY CENTER
600 N WESTERN AVENUE BLOOMINGTON IL 61701