



HIGHLAND
PARKS & RECREATION... The *FUN* Theory!
Ph: (618) 651-1386 • Fax: (618) 651-1387 • www.highlandil.gov

COMING
SOON:

CLUB 50

55 minutes of new and exciting ways to exercise!

Every Friday at 10:00-10:55 a.m. starting October 18, 2013

This class offers a unique blend of low impact cardio, strength training and fundamental exercises to keep you in shape and on your toes!

You will work with various equipment and learn proper use and form, as well as appropriate routines to continue your fitness journey.

***YOU MUST BE
50+ TO JOIN
the 55 minutes
of FUN!***

In addition to the exercise and fitness programs that you will receive for participating in this class, you will get detailed nutrition information to take with you in order to maintain a balanced and healthy diet.

**If you would like to sign up or learn more, contact:
Ginger Kabureck at GKCPT@yahoo.com or call
(618) 407-8571 for more details!**