



LET'S GET MOVING WITH CHAIR PILATES

Try it or just watch at our Open House

Achieve overall Wellness for Mature Adults by learning about healthy lifestyle choices. Refresh and enhance your vitality and inner-health at any age for women and men.

The Pilates based workout benefits include muscle strengthening and stretching to develop the body's core, mobilizing the spine, and building agility, flexibility, balance and coordination, thus improving your internal and external body. Chair used for stability and all activities are chair or standing based.



**Friday January 26th at 9:00 am
Bethlehem Lutheran Church Fellowship Hall
401 W. Main St.,
West Dundee, IL.
847-426-7311 bethchurchdun@aol.com**

Check website for regular dates & times: <http://www.bethlehemdundee.org>

**Linda Bryant; Fitness Instructor
American Council of Exercise (ACE) Certification**