

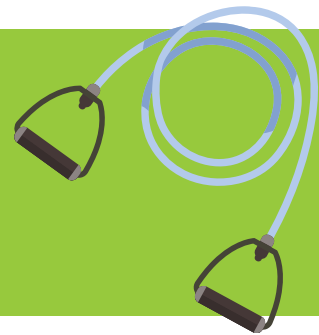


# WINTER ADULT FITNESS SERIES

Keep up your New Year's Resolution with **FREE** adult fitness classes at WSCP! Trainer Mike W. will be leading us through low impact exercises, perfect for beginners.

No equipment is needed. Modifications and accessibility options available!

January 30th, February 6th, and 13th  
3:00 - 4:00 PM  
WSCP Unit #103 Conference Room



Limited spots available, RSVP to **Support Services** by calling 630-948-8136  
or email [thrive@wspantry.org](mailto:thrive@wspantry.org).