



body rise
PHYSICAL THERAPY

Strength & Stretch Fitness with Sheryl

**Tuesdays
6-6:45pm**

WHAT YOU'LL GAIN

- ✓ ENHANCED PHYSICAL STRENGTH
- ✓ IMPROVED FLEXABILITY
- ✓ DEVELOP ENDURANCE
- ✓ INCREASE MUSCLE TONE
- ✓ REDUCE STRESS
- ✓ PROMOTE GOOD POSTURE
- ✓ ELEVATED CONFIDENCE

**\$15 DROP-IN
OR \$125 FOR
A 10 CLASS
PUNCH CARD**



**Harwood Heights Recreation Center
7300 W. Wilson Ave. 708-867-7200**