

FOREVER FIT



Join us for fun, functional and entertaining exercise classes brought to you by River Valley Wellness & Prevention.

Work towards a healthier YOU!



Each session combines a variation of standing and sitting exercises to improve strength, flexibility and balance.

WHEN: Classes are **EVERY** Monday & Wednesday

TIME: 11:00AM - 12:00PM

WHO: Active Adults (55+)

COST: \$7/class

LOCATION: River Valley Physical Therapy Clinic

517 E. North Street

Call (815) 802-7503 to Sign-Up Today!