



*WORK OUT WITH US!*

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# ***FITNESS CLUB FRIDAY***

WEST CENTRAL IL ROSC

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**HEALTHY BODY, MIND AND SOUL!**

**FOR MORE INFORMATION, PLEASE  
CONTACT LEANN COURSON AT  
LEANNCC@BWAY.ORG**

- JULY 16 JOG/WALK  
AT LAKE STORY  
10AM MEET AT THE  
PAVILION
- JULY 23 WATER  
AREOBICS 8AM  
HAWTHORNE POOL
- JULY 30 LIGHT  
OUTDOOR  
WORKOUT 10AM  
MEET AT LICOLN  
PARK GAZEBO