

# FREE FITNESS PROGRAMS

## **CHAIR YOGA**

*Led by Julie Hamilton*

*Sponsored by Walmart Spark Good*

9:00 AM

Thursdays

## **FUNCTIONAL FITNESS**

*Led by Mary Tebbe*

*Sponsored by Edwardsville YMCA*

12:15 PM

First and Third Tuesdays

## **LINE DANCING**

*Led by Angela*

*Sponsored by ApexNetwork Physical Therapy*

12:15 PM

Second and Fourth Tuesdays

## **WALKING CLUB**

*Led by Carol Bridges*

*Sponsored by Morning Glory Home Care*

*Locations vary*

9:30 AM

Tuesdays

**Main Street**   
**Community Center**

*All classes are specialized for seniors and are held at Main Street Community Center, 1003 N. Main Street, Edwardsville, IL unless otherwise noted.*

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