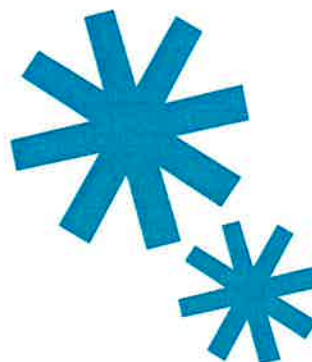




**catholic
charities**
Diocese of Joliet



Fit & Sit & Strong



Fit & Sit is a seated to standing exercise program for older adults. Each class consists of a warmup, 10- 15 mins of seated aerobics exercise, cool down, and a fun exercise game!

Dates: Wednesdays
October 7th - December 16th
(No Class 11/11, 11/25)

Times: 2:00-3:00pm

Location: Frankfort
Township Event Center
20701 S Landings Pointe,
Frankfort

TO REGISTER,
CALL AMBER 815-221-6013
EXT.6723



We are a faith-based organization providing service to people in need and calling others of good will to do the same.