

Stand Tall

Strength, Stretch, Balance!

Where Flexibility, Strength & Stability Come Together! Ready to feel better, move easier, and build total-body confidence? StretchStrong Balance is a fun and energizing class designed to help you improve flexibility, build muscle with strength training, boost coordination, & prevent falls! Perfect for all fitness levels! Stand tall, stay strong, and move with ease. Join us for StretchStrong Balance!

Wear comfortable shoes & bring water for class

Every Tuesday

January 6th - March 10th, 2026

\$40 PER
PERSON

9:30am-10:30am

**At the Senior Center
20701 Landings Pointe
Frankfort, IL 60423**

For questions or to reserve your seat,
contact Theodora at 815-469-4907, ext. 2766
SEATING IS LIMITED!!

Refunds available if spot is filled

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