

# 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**  
**September 9<sup>th</sup> - November 18<sup>th</sup>, 2025**

**(NO CLASS NOVEMBER 11<sup>th</sup>)**

**\$40<sup>PER</sup>**  
**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\*

**SPONSORED BY THE FRANKFORT TOWNSHIP BOARD**