

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

April 7th - June 9th, 2026

9:30am-10:30am

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

**\$40^{PER}
PERSON**

Registration will open March 24th, 2026,
contact Tami at 815-469-4907, ext. 2766

SEATING IS LIMITED!!

Refunds available if spot is filled

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