

# LET'S GET HEALTHY TOGETHER!

ALL BODY  
CONDITIONG EXERCISE  
(WORK AT YOUR OWN PACE)  
MON & WED  
10:30-11:30 AM



GETTING AND STAYING FIT TAKES A  
COMMITMENT TO YOURSELF.

WHY NOT MAKE THAT  
COMMITMENT TODAY?

PURCHASE A \$20 EXERCISE CARD TO  
PARTICICPATE.

START TODAY AND  
FEEL BETTER TOMORROW!

*Instructor: Suzi Skotorcyk*



**Oak Park Community Center**  
14300 Oak Park Blvd Oak Park, MI 48237  
Office Hours: 8am-5pm M-Th (248) 691-7577



**AMERICANS WITH DISABILITIES ACT (ADA)**

The City of Oak Park Department of Recreation actively seeks and supports participation by persons with disabilities in recreational programs and services. Please call us so that we will know how to serve you better. Voice: 691-7555; TTY 547-8216