OPEN HOUSE

The Place to Be for a Healthy You!



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ARK DI

Group Fitness Room 301

9:00-9:15A – with Janet Tauer 9:30-9:45A – with Janet Tauer 10:00-10:15A – with Troy (Tai Chi) 10:25-10:40A - with Troy (Tai Chi) 10:50-11:05A - with Troy (Tai Chi) 11:15-11:30A - with Patricia (Chair Yoga) 11:40-11:55A - with Patricia (Chair Yoga)

Warrenville Park District | 3S260 Warren Avenue, Warrenville | 630.393.7279 | www.warrenvilleparks.org