



SEPT. 21, 2020 AFTER-SCHOOL RECESS

The class meets for 60-minutes of cardiovascular, strength, and flexibility training. Keep your students healthy and active through this 4-week functional exercise program. This program will empower your youth and encourage them to enjoy movement and exercise. The CDC guidelines for social distancing and face covering will be strictly enforced. Contact Jen Alberto at 630.646.5927.

Healthy Driven
Edward-Elmhurst
HEALTH & FITNESS

HAVE FUN & STAY
ACTIVE

BUILD HEALTHY
HABITS

PRACTICE
MINDFULNESS &
STRESS
MANAGEMENT

IMPROVE OVERALL
STRENGTH

GOOD FOR ALL
FITNESS LEVELS

**EDWARD-ELMHURST
HEALTH & FITNESS**

775 Brom Drive
Naperville, IL 60540

www.eehealth.org

MWF, 4:00-5:00p, age 12+

FEE: \$180