



## Yoga for the Actively Aging (Chair Yoga)

A gentle yoga class that is designed to maintain healthy joints, muscular flexibility and strength. Stretching movement and static poses will also help improve your balance and coordination. Poses can be done using a chair or free-standing according to your abilities.

Date	Day	Time	Fee*	Code #
Ongoing	W	12-12:45 PM	\$1	344008

Location: Grant Park

*\*Per class ages 55 and older. Class runs continuously.*

## Belly Dance

(Beginner – Advanced)

Increase your flexibility and get in shape with belly dance. This art form that has been used for centuries as a form of exercise for fun and fitness. Belly dance strengthens your inner core muscles, while increasing flexibility. Please bring a hip scarf if you have one.

Date	Day	Time	R/N Fee	Code #
<b>SESSION 1</b>				
Aug 21-Sep 25	Tu	7-8 PM	\$34/42	344008
<b>SESSION 2</b>				
Oct 2-Nov 13*	Tu	7-8 PM	\$34/42	344008

(\*No class Nov 6)

Location: Kahl Park

Min/Max: 6/20



## OUTDOOR EXERCISE TRACKS

**Gouin Park**  
2400 Scott St.  
Franklin Park

1 ¾ laps around the track equals one mile

**Grant Park**  
44 W. Golfview Dr.  
Northlake

2 ¼ laps around the track equals one mile

**Bulger Park**  
1601 Hirsch St.  
Melrose Park

3 ¼ laps around the track equals one mile



## EXERCISE TRACK AT LEONI

800 N. 17th Ave.  
Melrose Park

Come enjoy our temperature controlled exercise track. Get your recommended daily exercise completed rain or shine, freezing weather or scorching heat. Nine laps around the track equals one mile.