

INDEPENDENCE TOWNSHIP PARKS, RECREATION & SENIORS PRESENTS...

TR

FITNESS WORKOUT

FOR AGES 14 AND UP

THURSDAYS, 7:00 PM - 8:00 PM

OCTOBER 5, 2017 - NOVEMBER 30, 2017 (SKIP 11/23)

BARTSCH HALL AT THE SENIOR COMMUNITY CENTER,
6000 CLARKSTON RD., CLARKSTON

\$45 / RESIDENTS \$55 / NON-RESIDENTS

Get into shape and feel your best! Join us for the NEW TR Fitness Workout, led by certified instructor (and TR Softball Mom!), Nancy Faw. This total body fitness workout is for persons, ages 14+, with cognitive disabilities, with or without physical impairments. The workout will include cardio, light weights, and core focus. Participants will work at their own level and are encouraged to work towards their personal best. Sessions will be held in Bartsch Hall at the Senior Community Center, in Clintonwood Park, 6000 Clarkston Rd., Clarkston MI 48346, from 7-8p, Thursdays, 10/5 through 11/30 (skip 11/23).

Cost is \$45/res and \$50/non-res. Registration starts 8/21 and ends 9/29. Starting 10/2, a \$10 late registration fee will be added, pending space is still available. Participants are asked to bring a set of light hand weights, a yoga mat, towel, and water bottle. We must have a minimum of 5 participants for the class to run, so sign up early! For more information or to register call (248) 625-8223 or register online at www.itprs.org (Contact the ITPRS office to obtain a username and password if you are registering online for the first time.)



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6483 Waldon Center Drive, Clarkston, MI 48346 • 248.625.8223 • ITPRS.ORG

*Making our community a better place to live, work and play
by building connections with neighbors and the outdoors.*

