



Schiller Park Recreation Department Presents A New Adult Program:



Essentrics® Aging Backwards®

Essentrics® is a low-impact, full-body strength and stretch workout that is safe for all ages and fitness levels. Essentrics® Aging Backwards® is designed to help regain mobility and flexibility, helps to eliminate pain and gently strengthens the full body. Through standing and chair work you'll learn how to keep your body feeling younger, stronger, healthier, and more flexible.

Comfortable shoes are optional as we generally workout in bare feet or non-slip socks. Wear comfortable clothing, bring a towel and water (mats are optional and will be available on site).

Location: Schiller Park Community Center (4501 N. 25th Ave.)
Day: Mondays
Ages: Adults 55 & older
Dates: September 13, 2021 – November 8, 2021 (No Class October 11)
Times: 11:00 a.m. – 12:00 p.m.
Fees: \$35 Residents/\$40 Non-Residents
Min/Max: 5/25
Instructor: Patricia Trampas

**Register at the Schiller Park Recreation Center
9638 W. Irving Park Road
847-671-8580**

Registration hours are M-F 9 a.m.-8 p.m. and Saturday 8 a.m.-12 p.m.