

# Adult & Senior Fitness Classes

Sokol United is proud to partner with Pleasantdale Park District to bring you fun, active classes for all abilities! All classes hosted at

Pleasantdale Park District  
7425 S. Wolf Rd  
Burr Ridge, IL



[www.sokolunited.org](http://www.sokolunited.org)

[www.pdparcs.org](http://www.pdparcs.org)



## Active Adult Fitness - Tuesday 10 AM – 10:55 AM

- *No matter your age or ability, this fitness class will be for you! Designed for developing strength, flexibility, muscular endurance, balance and coordination involving low-impact and specialty multi-level sculpt and tone.*

## 'Take a Seat' – Tuesday 11:10 AM – 12 PM

- Our 'seated fitness program' exercises are perfect for those with limited mobility or balance issues. The movements increase blood circulation and flexibility. Leg, arm and core muscles can get a workout from a seated position, which can help reduce the risk of injury from a fall. Easy stretching exercises are also beneficial for mobility.



Scan here  
to register!