



Friday Fitness Shepherd's Center

Interval Exercise

Mary Beth Wilczak

Every Friday, 9:30-10:20

Five minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated-suited to all exercise abilities.

Weights=Strength=Health

Kacey Cowdery

Every Friday, 9:30-10:20

Improve your fitness using small weights! Weights provided.

Chair Yoga

Debbie Daugherty

Every Friday, 10:20-11:10

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes seated and standing yoga poses.

with thanks to our sponsor



Shepherd's Center at Webster Hills United Methodist Church

1333 W. Lockwood Ave., Glendale, 63122

\$4/session payable at the door, first-time free

for more information call, 314-395-0988

or go to shepherdscenter-wk.org

