



# Let's Get Fit

Let's Get Fit is a chair-based group exercise program designed specifically to meet the needs of older adults who are looking to incorporate more physical activity into their lives. These classes consist of aerobic, strengthening, balance, and flexibility exercises.

**Monday - Friday  
9am**

**Contact Justin Yuroff at  
(217) 528-4035 or  
development@ssoci.org  
to register.**

