

**Free fitness classes starting at ILCS!** Bonnie Fear, owner of No Fear Fitness, LLC, will be leading a strength training, balance and flexibility fitness class for women under the age of 65. All you need to provide is an exercise mat and 3-5 pound hand weights.

*This fitness class 'encourages, not discourages, all levels of fitness and will challenge, no judge, bodies of all sizes and shapes.'*

Classes begin the week of September 16: Meet in the west end of the atrium for the first classes

**Mondays and Thursdays:** 4 - 4:45 pm

**Tuesdays and Fridays :** 8:30 – 9:15 am

It is recommended that you attend 2 classes a week, allowing at least one full day of rest between classes. You may email Bonnie at [nofearfitness33@gmail.com](mailto:nofearfitness33@gmail.com) with any questions.