

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, not 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: 4:00 - 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 with any questions.