

If you're going to sweat the small stuff, do it with us!

The St. Charles Park District offers teens and adults a variety of health & fitness classes to fit any physical ability level, interest or schedule. All classes meet at Pottawatomie Community Center, 8 North Avenue, in a state-of-the-art fitness studio where the air temperature is regulated independently from the rest of the building.

Classes are described as caloric-burning, heart-racing, muscle-pumping and body-energizing! Choose from strength training, zumba, bollywood, tai chi, yoga, pilates, boot camp and more. All fitness levels are welcome.

When considering a fitness class, be honest in assessing your own level of fitness. For a schedule of fitness classes, search programs at <http://www.stcparks.org/leisurelink>.

The District is also seeking applicants for fitness instructors with a national certification who would be available to work flexible evening hours. For more details, contact Holly Gardels at 630-513-4329 or hgardels@st-charlesparks.org.

