

Frankfort Township's Senior Enrichment Program 2018

Brought to you by the Frankfort Township Board

CHAIR SIDE YOGA

Mondays

1 p.m.—2 p.m.

20701 Landings Pointe Rd., Frankfort

Session 1: December 11 (2017)–March 5 (2018)

Session 2: March 12–April 30

Session 3: May 7–July 2

Session 4: July 9–August 27

Session 5: September 10–November 5

Session 6: November 19–January 28 (2019)

NO CLASS: 12/25 (2017) 1/1, 1/15, 2/12, 2/19, 5/28,

9/3, 10/8, 11/12, 12/24, 12/31, 1/21 (2019)

\$25.00/8 week session or \$5.00 per class

LIGHT CARDIO

Tuesdays

11 a.m.—12 p.m.

20701 Landings Pointe Rd., Frankfort

Session 1: December 12 (2017)–February 13

Session 2: February 20–April 10

Session 3: April 17–June 5

Session 4: June 12–July 31

Session 5: August 7–September 25

Session 6: October 2–November 20

Session 7: November 27–January 29 (2019)

NO CLASS: 12/26 (2017), 1/2 (2018), 12/25 (2018), 1/1(2019),

\$25.00/8 week session or \$5.00 per class

To reserve your space contact

Jodi Dilling at (815) 806–2766