

# Intro to Fitness

Is Moving to Monday's!

*Facilitated by: Megan Kopacz,  
A.E.R.O. APE Teacher*

March 8, 2010

March 15, 2010

March 22, 2010

March 29, 2010

3:30 p.m. – 4:15 p.m.

at

A.E.R.O. Center

7600 S. Mason Ave.

Burbank, IL 60459



We all know that exercise is the key to health and wellness. Megan will help assist you in exploring a variety of fitness techniques. You can then choose which one works for you.

Megan will start each class by providing an informal overview of targeting exercise techniques. The first week will be cardio, second week will be flexibility, the third week will be muscular strength and the fourth week will be a combo class with stations covering all areas.

**Register using the form on the back.** We are asking that a minimum of ten people participate.



**A.E.R.O. TEAM WELLNESS 2009-2010**

**REGISTRATION FORM for Intro to Fitness**

**Cost: FREE**

**Required\* (please print clearly)**

**Name of Workshop:**     Intro to Fitness

**Date:**                   March 8, 2010  
                                  March 15, 2010  
                                  March 22, 2010  
                                  March 29, 2010

**Time:**                    3:30 p.m. – 4:15 p.m.

**\*Name:** \_\_\_\_\_

**\*Position:** \_\_\_\_\_

**\*Mailing Address:** \_\_\_\_\_

**\*Email:** \_\_\_\_\_

**\*Day time Phone:** \_\_\_\_\_

**Do you require any disability-related accommodations?** \_\_\_\_\_



**REGISTER By:**

**Submitting this form to A.E.R.O. Team Wellness Attn: Barb Mathias**

**→mail to 7600 S. Mason Avenue, Burbank, IL 60459**

**→or fax to (708) 496-3920**

**OR**

**→If you are currently participating in the Intro to Fitness class-**

**email [bmathias@aerosped.org](mailto:bmathias@aerosped.org)**

**If you have questions, feel free to contact Sandra Eckhaus (A.E.R.O. Team Wellness Coordinator)  
(708) 496-3330 ext. 133.**