



STRONG & FIT

2021 Sessions

Instructor: Barbara Cachey

Wednesdays

3:00 p.m. to 3:45 p.m.

March 31 (Make Up)

April 7 (Make Up)

April 14

April 21

April 28

New Temporary Location:

Orland Chateau

14500 S. LaGrange Rd

Register at Orland Township

14807 S. Ravinia Ave., Orland Park

(708) 403-4222