

# Vernon Hills Senior Center

290 Evergreen Drive, Vernon Hills, IL 60061



White Crane  
Wellness Center

## Exercise with a Twist!



**BINGOCIZE** is an evidence-based group exercise program designed to increase mobility and fitness. Exercises offered are appropriate **for people at all fitness levels**. Join us to improve your health, make new friends and win **PRIZES!**

**Starting Thursday, September 7th, 2023**

**Every Thursday 11:00 AM to 12:00 PM**

**No Class: November 23rd**

**Space is limited, so sign up now!**

For questions contact  
[vernonhillsseniors@mail.com](mailto:vernonhillsseniors@mail.com)

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