

# STRETCH & MOVE

Join Coach Travis for a refreshing

**10-minute Stretch & Move Session.** A fantastic way to keep you flexible, focused, and feeling great!

Monday, June 2 74th St. Garage 10 am & 12 pm	Tuesday, June 3 Forest Glen Garage 10 am & 12 pm	Wednesday, June 4 Kedzie Garage 10 am & 12 pm	Thursday, June 5	Friday, June 6 Control Center 12 pm & 1 pm
Monday, June 9 103rd St. Garage 10 am - 12 pm	Tuesday, June 10	Wednesday, June 11 South Shops 10 am & 12 pm	Thursday, June 12 Kimball Terminal 10 am & 12 pm	Friday, June 13 North Park Garage 10 am & 12 pm
Monday, June 16 77th St. Garage 10 am & 12 pm	Tuesday, June 17 Midway Terminal 10 am & 12 pm	Wednesday, June 18 Skokie Shops 10 am & 12 pm	Thursday, June 19	Friday, June 20
Monday, June 23 Howard Terminal 10 am & 12 pm	Tuesday, June 24	Wednesday, June 25	Thursday, June 26 95th St. Terminal 10 am & 12 pm	Friday, June 27 West Shops 10 am & 12 pm
Monday, June 30 Chicago Ave. Garage 11 am & 1 pm	Stretch & Move hosted by HR - Wellness			



- Low Impact Movements
- All Fitness Levels Welcome
- No Gym Clothes Required



wellnesscoach@transitchicago.com