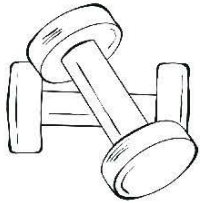
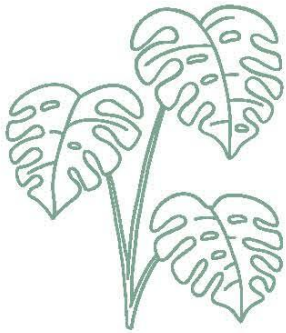


“Free” Strength & Line Dance

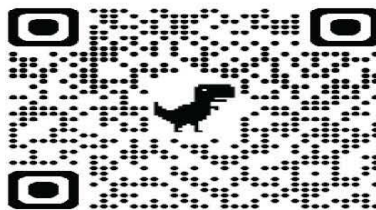


Tuesdays | 10:30 AM - 11:45 AM
May 5, 2026 - October 27, 2026
St. Benedict the African Parish
6550 S. Harvard Street
Led by Dr. C-Rob & Maddy

For questions contact: Dr. Cecilia Brantley
(312) 437-7044 Email: bodypartsfitness@sbcglobal.net



Register Here



Exercise at your own pace, put forth comfortable effort, sweat, and learn!