



VOLLEYBALL

OPEN GYM VOLLEYBALL – 25+

If you are looking for a fun and engaging workout that doesn't feel like exercise, then open gym volleyball is just for you. Beginners are welcome.

THURSDAYS, 7:30-9:00 P.M.

8 weeks of fun!

(closed Christmas and New Year's Day)

SOUTH HOLLAND COMMUNITY CENTER – 501 E. 170th St.

Volleyball is free to South Holland Fitness Center members; \$5 per visit for non-members.

Contact:
331-2940

As gym hours are subject to change, always call ahead before you head out.