



ANN ARBOR Center *for* Independent Living

Recreation

The Ann Arbor CIL FREE Open Gym* Hours:

Monday - Friday 10am-4:30pm

**this includes our outdoor basketball hoop*



Beginning May 4, 2017

- **Strength and Conditioning Class FREE!** (registration is required)
 - Participants will learn about our exercise equipment and make progress towards fitness goals in a guided session.
 - **Class runs Thursday May 4th until June 29th 5:30pm-6:30pm**
- **One-on-One Fitness Consultation Session FREE!**
 - During a scheduled consultation, participants discuss fitness concerns and learn how to best approach their fitness journey.

To register or schedule a consultation email info@aacil.org

Find us online at annarborcil.org and on [Facebook](#)

Ann Arbor Center for Independent Living
3941 Research Park Drive
Ann Arbor, MI 48108

