









FEBRUARY NEWSLETTER

BLACK HISTORY MONTH 2024

- FEATURED CLASSES**
-  **Steppin' with Eric**
Saturdays @ 12p
 -  **Water Aerobics with Ali**
Tu & Th @ 11:15a
 -  **Step Aerobics with Ali**
Tu & Th @ 12:30p
 -  **Senior Yoga with Michelle**
Mondays @ 9a
 -  **Tasteful Manners Culinary**
Wednesdays @ 5p & 6p

FEBRUARY, 17 2024
12 P.M. - 2 P.M.
 Sandridge Fitness Center
 600 Oglesby Ave.
 Calumet IL, 60409



SCAN BARCODE TO REGISTER

THE BLACK ART EXPO

Join us and experience the Exquisiteness of Black Art with CMPD! Enjoy the ambiance and creativity of African American Musicians, be captivated by the words of African American Spoken Word Artists, view the dynamic creations of African American Artists, shop with our African American Vendors, and be entertained by the athleticism and grace of African American Dancers.



PICKLEBALL WILL BE RETURNING TO SANDRIDGE GYMNASIUM AT THE END OF THE MONTH.

Sandridge Fitness Center
 600 Oglesby Ave, Calumet City,
 Illinois 60409

FOR MORE INFORMATION
 Phone: 708-868-2530 | Email:
 Help@mycmpd.com
 www.mycmpd.com

MEMBERSHIP REMINDERS

- Please shower before entering pool, sauna, steam room, and jaccuzzi. Swim attire is required for those areas.
- Stay tuned for our Anniversary Celebration Details!