

FEBRUARY NEWSLETTER

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

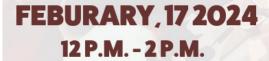
Culinary

Wednesdays @ 5p & 6p

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

FOR MORE INFORMATION

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



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.

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!