



ANN ARBOR
Center *for* Independent Living

Recreation

Winter's on its way. Do you have a fitness plan?

Don't wait until the New Year to get healthy. Start **today** by attending an Ann Arbor CIL fitness orientation and setting your fitness goal before the New Year is even here. Group orientations will be held for anyone interested in utilizing our gym and participating in our #AACILFitnessChallenge.

Each orientation session runs for an hour.

Ann Arbor C.I.L Gym Orientation and Open Gym Hours

December 14, 2016 at 1pm

December 15, 2016 at 6pm

December 19, 2016 at 3pm

December 20, 2016 at 6pm

Open Gym Hours*

Tuesday 10am-4pm

Thursday 10am-6:30pm

*To attend open hours you must go through orientation with a staff member

For more information, to RSVP and/or request accommodations please email info@aacil.org

Ann Arbor Center for Independent Living
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Ann Arbor, MI 48108

