



GO! 217

HSHS Central Illinois

FREE WERQ-OUT!

Thursday, May 3

WERQ dance fitness | 6 - 7 p.m.

Washington Park | Velasco Tennis Center courts
1501 South Grand Ave. W. | Springfield



REGISTRATION NOT REQUIRED.

Bring your friends, a yoga mat (optional) and a drink — hydration is important!

Keeping our community

MOVING!

For more information or additional GO! 217 events:

 | GO217.org



HSHS
St. John's
Hospital

FitClub
Springfield Park District
SCHEELS