

**THE
ILLINOIS JUDICIAL COUNCIL
- HEALTH AND WELLNESS COMMITTEE -
INVITES IJC MEMBERS**

TO

A JUDICIAL FITNESS HOUR/GYM ORIENTATION

AT

PHENOMENAL FITNESS

**2001 S. State Street
Chicago, Illinois**

**SATURDAY, JUNE 19, 2021
2:00 P.M. TO 3:00 P.M.**

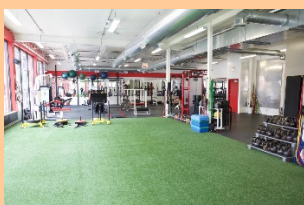
\$25.00 PAID IN ADVANCE



Acclaimed fitness expert, Sean Armstead, will conduct a fitness hour designed to address concerns unique to judges. There will be an orientation on certain gym equipment and fitness exercises.

Following the fitness orientation, participants are welcome to take a voluntary Walk/Run to State Street & Roosevelt Road and back to Phenomenal Fitness. The Walk/Run is optional.

PLEASE NOTE: ATTENDANCE IS LIMITED TO THE FIRST 25 REGISTERED IJC MEMBERS. THE REGISTRATION AND PAYMENT DEADLINE IS JUNE 17, 2021, 5:00 P.M.



**The IJC Health and Wellness Committee
Hon. William H. Hooks and Hon. Steven G. Watkins, co-chairs**