

October Fitness Activities

Fitness Center open Monday – Friday
8:00 am till 4:00 pm

Sherri Lachowsky--
Health and Fitness Coordinator, ACE Certified
Personal Trainer

Strength Training Class with Joye
Monday, Wednesday and Friday 9:15 am

NEW CLASS: “Move with Balance” with
Sherri Lachowsky
Monday, Wednesday and Friday 10:00 am

Jazzercise Lite Class
Wednesdays at 12:30 pm “Come Join Us”

Yoga Class with Karen
Thursdays at 8:00 am