

FITNESS

POWER LUNCH



Wed. & Fri. @ 12pm



Session I Jan. 13 - Feb. 5
Session II Feb. 17 - March 12
Session III March 24 - April 16

Grace Selwitschka is a certified Personal Trainer with extensive experience training clients of all ages and fitness levels. She'll incorporate strength and cardiovascular endurance training in these challenging 30 minute sessions. This is a power workout for men and women that will help increase your metabolism, get you toned up and feel energized all day long! Participants may pay as they go and will receive a free protein bar with each session!

Member \$8, Non-Member \$12.
Sign up in the activity book at the front desk.