



Fitness Center Open House

Get to Know the Fitness Center

SAMPLE GROUP EXERCISE CLASSES

- 11:30 Strength**
Use a variety of equipment to help train all the major muscle groups of the body.
- 12:30 Step**
We will step to the beat, with this fun and energetic class!
- 1:30 Stretch**
Relax the muscles and increase flexibility.

EACH CLASS WILL BE 15-20 MINUTES...PLEASE BRING YOUR TENNIS SHOES IF YOU WISH TO PARTICPATE

**TUESDAY, APRIL 19TH
11:00AM - 2:00PM
PSB, 10TH FLOOR
FITNESS CENTER**

COME TAKE A LOOK AT YOUR BRAND NEW FINTESS CENTER!

- Learn about the fitness center operations
- Check out the equipment
- Sample shortened group exercise classes
- Sign up for consultations
- Learn about upcoming fitness center wellness programs
- Sign-up for the NEW walking club
- Get a chair massage
- Learn about STRIDE, City wellness program, and NEW wellness benefits