



# BEGINNERS GUIDE TO EXERCISE!

Whether you are new to exercise or want to improve your current routine, this small group training is for you. Our Certified Personal Trainer, Henry, will explain what you need to know about cardio, flexibility, strength training, and more.

Here you'll find the enthusiasm and encouragement of a group setting, while still getting personalized attention tailored to your workout needs.

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January 9 - February 28  
Thursdays, 9:00 or 10:00AM  
Registration Fee: \$199

Stop by the Membership Desk to sign-up. Registration starts December 14!

**NEW FOR JANUARY 2020!**