New Year - New You
What goals do you have for the new year?
Getting in more exercise?
Improving sleep?
Changing up your diet?

Let your exercise leader know how you plan to conquer the new year!

“Victory is always a possibility - but it only happens when you decide to make it your reality.”
January Reminders & Hours

• Be cautious of winter weather
• Don’t forget to tell your exercise leader about your at home exercise!

Jan. 3 - Jan. 12
• M-F 5:30 - 8:45AM, 11:30 - 1:15PM, 3:30 - 7:00PM

Jan. 15 (MLK Jr. Day)
• Closed

Starting Jan. 16
• M-F 5:30AM - 7:00PM
• Saturdays 12:00PM - 3:00PM

We are so glad you’re here