UPCOMING EVENTS:

- APFP SUMMER OLYMPICS CHALLENGE
- FOUR FOR THE 4TH! 4 MILE RACE IN YORKTOWN
- VIVIAN WILL BE STARTING A TRAINING PROGRAM IN LATE AUGUST TO EARLY SEPTEMBER - BE ON THE LOOKOUT FOR MORE INFORMATION

TIPS FOR EXERCISE IN THE HEAT:

- WEAR BRIGHT AND LIGHT CLOTHING TO REFLECT THE SUN
- AVOID EXERCISING 10AM-3PM. THIS IS KNOWN TO BE THE HOTTEST PART OF THE DAY
- STAY HYDRATED
- KNOW YOUR LIMITS AND BE AWARE OF SIGNS AND SYMPTOMS OF HEAT ILLNESS

JULY BIRTHDAYS!

- STEVE S - JULY 4
- ROBERT G - JULY 5
- FRED C - JULY 9
- KATHY W - JULY 9
- MITCH C - JULY 13
- JERRY S - JULY 13
- JOHN S - JULY 14
- GARY S - JULY 18
- STEVE J - JULY 19
- NORB H - JULY 25
- BRIAN J - JULY 27

REMINDER! PLEASE SHARE ANY UPDATES IN MEDICAL STATUS AS WELL AS MEDICATION WITH THE STAFF
PARTICIPANT OF THE MONTH: NANCY JOHNSON

A LITTLE BIT ABOUT NANCY:
NANCY HAS BEEN A MEMBER IN THE APFP SINCE NOVEMBER 2023. SHE JOINED THE PROGRAM TO LOSE WEIGHT AND STAY HEALTHY WITH AGING. HER FAVORITE PART ABOUT THE PROGRAM IS THAT EVERYONE IS ALWAYS FRIENDLY AND ALL OF THE STUDENTS ARE WILLING TO HELP. HER FAVORITE EXERCISES ARE THE ROOWER AND TREADMILL. A FUN FACT IS THAT NANCY LIKES TO GARDEN

HOURS:
MONDAY THROUGH FRIDAY
6:00 AM - 8:30 AM
11:30 AM - 1:15 PM
3:30 PM - 6:00 PM

CLOSURES:
THURSDAY, JULY 4
MONDAY - FRIDAY JULY 22 - JULY 26
TUESDAY JULY 30

BE SURE TO CHECK OUT OUR APFP YOUTUBE AND SOCIAL MEDIA WHILE WE ARE CLOSED FOR EXERCISE IDEAS!