UPCOMING EVENTS

We will be bringing back our APFP Olympics starting next month (July) in honor of the 2024 Summer Olympics in Paris! If you are interested in participating, be sure to pick up an exercise log at the front desk. There will be prizes for top place finishers!

SUMMER EXERCISE TIPS

- Avoid the hottest part of the day (2-5PM)
- Wear light colored clothing
- Make sure to stay hydrated
- Know your limits (you may need to go easier when exercising in the heat/humidity)
- Be sure to apply sunblock

JUNE BIRTHDAYS

Join us in wishing a happy birthday to:

Warren G. - 2nd
Carol J. - 6th
Steve J. - 6th
Rachel A. - 11th
Jacqui J. - 13th
Neal H. - 18th
Tony F. - 19th
Mark M. - 19th
Dave L. - 24th
PARTICIPANT OF THE MONTH, SUMAN

Suman has been a member of our program since February 2024. He joined the program to lower his body fat percentage and decrease cholesterol and triglyceride levels. One thing that he enjoys about the program is that the staff (Vivian & Maximus specifically) are very helpful and approachable with any questions. His favorite exercise equipment are the dumbbells and the AMT. Thank you, Suman, for being a committed member of our program!

MEET OUR SUMMER INTERN, JAMES

My name is James Bogan Jr, and I'm from Indianapolis, Indiana. I enjoy playing sports, listening to music, and exercising. I graduated from Fishers High School in 2020, and I'm currently working on completing my undergraduate at Ball State University for 2024. Once I've completed my internship, I will be applying to Radiology school so I can become an Xray Technician.

HOURS
Monday thru Friday
6:00AM–8:30AM
11:30AM–1:15PM
3:30PM–6:00PM

CLOSURES
Wednesday, June 19th
Thursday, July 4th
Monday–Friday, July 22nd–26th
Tuesday, July 30th