Tony Frederick

Tony joined the APFP back in November of 2023. Since joining, Tony has regularly engaged in aerobic exercise, resistance training, and core exercises. Great job Tony! Keep up the hard work. We notice and appreciate all of your participation in the program.
THE MONTH OF MAY

Hour Changes/Closures

- Beginning Monday, May 13th hours are..
  - 6:00-8:30AM, 11:30-1:15PM, 3:30-6:00PM
- The APFP will be closed on..
  - The week of May 6th, Monday May 27th, Wednesday June 19th, Thursday July 4th, and the week of July 22nd.

May Birthdays!

- 05/08 - John B
- 05/08 - Allen T
- 05/22 - June K
- 05/25 - Rex M
- 05/17 - Aileen H
- 05/09 - Tamira B
- 05/06 - Jacob L
- 05/27 - Corbin B
- 05/10 - Megan I
- 05/16 - Doug R

ANYTHING is possible for those who believe