

Happy New Year!

After a few too many months off, Colleen Spence has gotten the ball rolling again. She has arranged for the club to use Little Beach Clubhouse on the following days:

Mondays 7-8p

Tuesdays: 6:30-7:30p

Thursdays 7-8p

Initially, we would like to have an interval class similar to the class Melissa Sabo did in the summer on Thursday nights. The other days we thought we could play a workout tape and follow along. If there is anyone interested in running a class that would be great. Just let us know.

It would be a great idea to bring a yoga mat for the floor work and bands for the interval training. Also, don't forget water and towel.

Let us know if you have any ideas to fill the time slots or if there is anyone you can think of who may be willing to volunteer to run a class.

This will start next Monday Jan 9thsee you there!

The Fitness Club