

VILLAGE FITNESS NEWS

Gananda-Walworth Location

January 2018 | www.villagefit.com | (315) 986-1528

Village Fitness 12th Anniversary!!

Saturday, January 6th will be the 12th Anniversary of Village Fitness! Please come and celebrate with us for a week long event of classes and specials starting Monday January 8th and ending Friday January 12th. Classes for the event are FREE for members and non-members! The classes offered will be our boot camp class and cardio conditioning! For the days and times please ask front desk! Flyers will be posted with more details regarding class times and specials. There will be a raffle for a chance to win 3 personal training sessions OR 1-month membership! Join us Friday for refreshments from 11-12. Don't miss out on this week long event. We appreciate your business and hope you enjoy Village Fitness as your place of exercise!



REMINDER!!

CLOSED
NEW YEAR'S DAY

Senior Check-In Challenge

Class Schedule

Boot Camp:

Monday & Friday
5:30-6:30 AM

Gentle Yoga:

Thursday
11:15 AM - 12:30 PM

Senior Fitness:

Monday, Wednesday,
Friday 9:30 AM

Body Conditioning:

Monday, Wednesday,
Friday 8:00 - 9:00 AM

Cardio Conditioning:

Tuesday 5:00-6:00 PM
Thursday 5:00-6:00 PM
New Day

JANUARY Check-In Challenge

Let's start the New Year off right! Come in 10 times throughout the month of January and win a prize!

Receive your punch card at the front desk!



For senior members who have insurance based memberships only!
~ Such as Silver sneakers & Silver & Fit



1218 Mayberry Place
Macedon, NY 14482
(315) 986-1528
www.villagefit.com

In the Month of January

Lunch & Learn

January Lunch & Learn

Date: Monday, January 29th, 2018
Time: 10:30 AM

January Lunch & Learn

Our Physical Therapist Craig Ripley will be leading the Lunch & Learn. Hope to see you there!

*Food will be provided!

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Slimdown 2018

New Year's Fitness Challenge

MEASUREMENTS, POINTS & REWARDS & FUN MINI CHALLENGES!

Begins January 8th & Ends March 2nd

SPECIALS!!

Start the New Year on the right foot!

January Specials!

JANUARY 2018

12-Month Individual Membership
\$299 (\$24.99/mo)

12-Month Family Membership
\$999 (\$85.99/mo)

Buy 10 Personal Training Sessions,
Get 2 FREE!

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