

VILLAGE FITNESS NEWS

Gananda-Walworth Location

August 2017 | www.villagefit.com | (315) 986-1528

Spotlight of the Month



Fitness Director, Amanda Maltzahn at the Gananda-Walworth location began in February 2017. Currently she teaches Senior Fitness and Boot Camp, as well as works with several members for personal training sessions. Amanda studied Sports Management at Monroe Community College and Lancaster Bible College. Currently she coaches girls volleyball at Bishop Kearney High School, as well as Eastside Ice Volleyball Club. She enjoys playing volleyball, both indoor and at the beach. Outdoor activities, including hiking and kayaking are among her favorites.

Fitness Myth



Boot Camp

Ginegaw Park Farmers' Market



Join us for Boot Camp on August 15th! Boot Camp will be held from 5 –6 PM at the Ginegaw Park Farmers' Market, located at 3600 Lorraine Drive, Walworth, NY. Boot Camp is a blend of cardio, upper and lower body strength, and core work. A variety of exercises, free weights, body weight, and equipment will provide a complete workout. All levels of fitness and ages are welcome. Modifications available when necessary. Boot Camp is Class is FREE for everyone!

Class Schedule

Boot Camp:

Tuesdays 5-6 PM

Thursdays 5-6 PM

Gentle Yoga:

Thursdays

11:15 AM - 12:30 PM

Senior Fitness:

Monday, Wednesday,
Friday 9:30 AM

Body Conditioning:

Monday, Wednesday,
Friday 7:30 - 8:30 AM

What's Happening this Month

There's Still Time!

Coffee & Chat



\$160

- 1 Orientation Session
- 8 Personal Training Sessions
- 1 T-Shirt
- 1 Water Bottle

Meals On Wheels

So no senior goes hungry

Date: **Friday, August 4th, 2017**

Time: **10:30 AM**

Coffee

will be

served!