

VILLAGE FITNESS NEWS

Gananda-Walworth Location

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

Spotlight of the Month



If you're reading this, chances are you've been to the front desk at GWPT&VF and it's likely you've seen or met Office Manager Terri Medina, who has been a staple here for more than two years. In her title role, Terri oversees the day to day goings-on of the office making sure schedules are kept, finances are secure, and that clients, patients and staff are happy. Terri earned her bachelor's degree in creative writing in the early 2000s, when the economy was still good and optimism was aplenty. Through her career in journalism, Terri honed her skills as a listener and a storyteller. She believes that translates well in our clinic and fitness settings because she personally gets to know many of the patients and clients and helps them feel at ease. When she isn't working, Terri enjoys playing ice hockey (36 years and counting!) and hanging out with her 10-year-old daughter, Marin!



Celebrate!
Marilyn 9/19

NEW CLASS

SENIOR MEMBER



PICTURE DAY

Description: Picture day! Just like in the school days! Be part of the fun! Dress in your favorite (or silliest) outfit! Then with the help of props (provided in the picture studio) give us your best angle!

Date: Wednesday, September 13th
Time: 10:30 AM

Invite your friends! Anyone who qualifies as a senior member, whether Silver & Fit, SilverSneakers, or another membership is welcome!

Picture Day!

Coming to the gym for some just exercise?

Why not stay and have some fun while you're here?

Just like in the grade school days! Be part of the fun! Dress in your favorite (or silliest) outfit! Then with the help of props (provided in the picture studio) give us your best angle! Prizes will be awarded for the top three best pictures! Pictures will be featured on the group exercise board and in the October Newsletter! Make sure you don't miss out!

Coffee will be served for the event!

Class Schedule

Boot Camp:

Tuesdays 5:30-6:30 AM
Fridays 6-7 AM

Gentle Yoga:

Thursdays
11:15 AM - 12:30 PM

Senior Fitness:

Monday, Wednesday,
Friday 9:30 AM

Body Conditioning:

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

Happening this Month

Back to School Special



Back to School Special

Add the discounts!

Purchase 5 Training Sessions:
1 Orientation
1 FREE Training Sessions
1 FREE Village Fitness Water Bottle

\$135

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www.villagefit.com
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Long Sleeve Shirts!

NEW

We have something new up our sleeve!

Hooded, long sleeve
t-shirts are now
available!

Check out the color options!

Men's and women's cuts are
available!

Order by August 31st!

Shirts are \$15 each.

Questions? Please contact Amanda at amanda@villagefit.com

I'M TIRED
IT'S TOO COLD
IT'S TOO HOT
IT'S TOO LATE
IT'S RAINING
LET'S GO
— COMPETE EVERY DAY —