

VILLAGE FITNESS NEWS

Gananda-Walworth Location

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

Spotlight of the Month



Born in the rolling hills of Liverpool, England, Marilyn Coomber immigrated to the suburbs of Rochester, NY as her father pursued career opportunities in the United States. After graduating from RL Thomas High School, in Webster, she attended Alfred Tech for programming and added continuing education at MCC for Optics, but soon discovered it was not the best fit. A full career of working 40 years at Xerox, Marilyn held many different titles, including secretary, data entry operator, technician, and Production Control Coordinator and Supervisor. After retiring, Marilyn saw the position for opening weekdays at Village Physical Therapy and Fitness and began in February 2016! Currently Marilyn resides in Williamson, NY and loves spending time with her husband Jeff and their family. She has two daughters, both married with children, 4 grandchildren ranging from ages 3 to 14. She enjoys gardening, sewing, crocheting, crafts, tackling home projects, such as drywall, tile, and painting.



Celebrate!

October 14th

Stacy

Walking for Wellness

Class Schedule

Boot Camp:

Tuesday & Friday
5:30-6:30 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

Learn about the endless benefits of walking!

Walking is one of the best ways to stay active!

Weight loss, im-

proved mood, and a decreased risk for many chronic diseases are just a few of the positive outcomes from increasing the amount you walk! Find new ways to walk more in your daily routine! Tips to help you get on the right track will be shared throughout the presentation.

Presentation by Fitness Director, Amanda Maltzahn.
(Lunch will be provided by Panera Bread.)



In the Month of October

Costume Party

**HALLOWEEN
COSTUME PARTY**

SENIOR FITNESS CLASS
Monday, October 30th, 2017

Dress up in your best costume!

Prizes will be awarded!

COFFEE WILL BE SERVED!

Bring a Friend

**BRING
A FRIEND**

EVERYONE CAN JOIN IN THE FUN!

During the month of October, members bring a friend for a free workout or class!

**FRIENDS THAT
WORKOUT
TOGETHER
STAY TOGETHER**

(Member must have a valid membership. Promotion is to be used for a one-time visit, one per member.)

