

# VILLAGE FITNESS NEWS

Gananda-Walworth Location

November 2017 | [www.villagefit.com](http://www.villagefit.com) | (315) 986-1528

## Spotlight of the Month



**ONE MORE NIGHT** Stepping into the role of Interim Office Manager, Andrea Telesca is working hard to

help keep Village Physical Therapy and Fitness in good shape! Growing up in Victor, Our Lady of Mercy graduate loved playing soccer and lacrosse. However playing travel soccer was her passion, both for Spencerport and Doug Miller Soccer teams. Andrea studied Athletic Training at Alfred University, completing her undergraduate work and receiving her MBA, also from Alfred University. In addition to her many academic accomplishments, Andrea enjoys many other activities, including a rough estimate of twenty-five visits to Disney World! The daunting Soarin' and the Test Track are among her favorite at the park. Growing up playing the piano and self-teaching guitar, both display her musical talents. Additionally, Andrea loves anything with being outdoors, eating great food, traveling, and Legos! Her dog, Dexter, named after the popular television show, is one of her best buds! Be sure to wish her a Happy Birthday!



**Celebrate!**

November 24th

Andrea

## November Check-In Challenge

### 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

#### Cardio Conditioning:

Tuesday 5:00-6:00 PM  
Saturday 10:00-11:00 AM

### Senior Members!

With any insurance based membership type, traditional membership, or class pass user come in 10 times during the month of November to receive your prize! Make sure to get a check-in card at the front desk! Place your name on the card and bring it with you every time you come to Village Fitness!

**NOVEMBER**  
Check-In Challenge

## In the Month of November

### Black Friday Deals



**BLACK FRIDAY**

VILLAGE FITNESS  
SPECIALS!

Personal Training  
Buy one get one FREE  
Membership  
Buy 3 months,  
get 1/2 OFF 3 months

### Thanksgiving Lunch



**THANKSGIVING LUNCH & LEARN**

Staying Active During the Holidays  
Date: November 13th, 2017  
Time: 10:30 AM

Bring a dish to pass!  
We will enjoy a meal together!

The number one concern of the holidays is the added weight gain! Staying active in the busy holiday season is important to keep off the extra weight!  
Tips will be discussed to help keep you on track!

### Dates to Remember



enjoy family, food & fun!

**WE'RE CLOSED THANKSGIVING**  
November 23rd



**BLACK FRIDAY HOURS**

November 24th  
7-1 PM