

VILLAGE FITNESS NEWS

Gananda-Walworth Location

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

Spotlight of the Month

NEW Fitness Director Debbie Zanini has relocated from Harrisburg, PA to the Rochester area to be closer to her siblings. She is one of 8! She is from North Rose-Wolcott but most of her family is now in the Rochester area. She graduated with her Bachelors Degree in Sport and Exercise Science in 2008 from Messiah College, a small private school outside of Harrisburg, PA. She has worked in the fitness field for almost 10 years. She started in the physical therapy field as a technician and then moved on to personal training. She learned her true desire was to help people prevent injuries and improve their overall quality of life with exercise and a balanced diet. In May 2017 she graduated with her Masters Degree in Exercise Science and Health Promotion. She is married and has a 3 year old daughter. She tries to get outside as much as she can to go on walks or to take her daughter to the park. She is very excited to be the new fitness director and a part of helping others improve their health!



12 Days of Christmas Fitness 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
Saturday 10:00-11:00 AM

For All Members!!

Talk to the front desk about the details!
You have a chance to receive a different discount for each day of the challenge!



In the Month of December

Gift Certificates Available!!



Healthy Dollars



Dates to Remember

