



WELLNESS CLINICS / MEET & GREET

Clinics will be held in the Wellness Center.

Welcome Tours & Meet and Greet will meet outside Wellness Center.

*Welcome Tours are open to new and current members, and a great way to learn more about everything our Wellness Center offers.

<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>	<i>Every Saturday</i>	<i>Every Sunday</i>
<p>10:30 – 10:50 am EXERCISE TIPS (Pete/Chris)</p> <p>1:30 – 1:50 pm STRENGTH CIRCUIT TIPS (Pete/Chris)</p> <p>3:00 – 3:20 pm NUTRITION TIPS (Amanda)</p>	<p>10:30 -10:50 am TOTAL CIRCUIT (Pete)</p> <p>5:00 – 5:30 pm MEET & GREET (Diane)</p>	<p>11:00 - 11:30 am MEET & GREET (Emily)</p> <p>12:00 – 12:20 pm NUTRITION TIPS (Amanda)</p>	<p>8:30-9:00 am UPRADE YOUR WORKOUT (George)</p> <p>10:30 - 10:50 am EXERCISE TIPS (Pete/Chris)</p>	<p>10:30 - 10:50 am CORE WORK & STABILITY (Chris)</p>		

For my information, contact Diana Vita – Senior Director of Member Wellness (914) 967-6363, ext 211