

FITNESS FRIDAYS!

June 8 | Planning for Financial Security

June 15 | Be Bold, Be Fit*

June 22 | Yoga with Maura Utley

July 13 | Yoga with Maura Utley

July 20 | Free Weights Friday

July 27 | Stress & Life Balance*

Physical



Nutrition



Mind



Energy



TIME & LOCATION MAY VARY

DETAILS REGARDING SESSION WILL BE ADVERTISED EACH WEEK

**Event subject to change.*