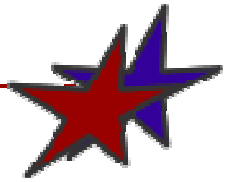




1806 Vestal Parkway East
Vestal, NY 13850
607-797-3195



Co-ed Group Fitness Schedule

The Co-Ed Group Fitness Classes are held each **MONDAY** and **WEDNESDAY** at 6:00pm.

You may stop by the front desk to sign-up, or call 786-0800 to make an appointment for Monday or Wednesday.

The Express Workout Class is a wide introduction to the various machines in the Co-ed fitness room. Emphasis is placed on learning the proper technique and form needed to complete a total body workout. This class is good for beginners or people that have time constraints.

Proper warm-up, cool-down and post-workout nutrition are also touched upon.

Limit: 3 participants per session
Each session lasts 1 hour