

Important updates from your Activities Director (4/4/19)

Fitness Center Equipment Courtesy

Please remember to replace the foot pegs when using the SCI Fit Machine (located directly in front of the Fitness Center Doors) if you remove them for use.

Exercise Classes:

Beginning on Monday, April 15th, the Barre class will change to the Move It class as requested by class participants. Please mark your calendars accordingly to reflect the change to the Move It Class. This means Move It will now be offered twice a week on Mondays at 11:45am and Thursdays at 10:30am. Your April calendar reflects Monday, April 8th at 11:45am correctly with the Move It class.

The new Barre Class will remain on Mondays at 5:30pm and Wednesdays at 11:30am.

Remember, for both of these classes, if your health insurance offers the Silver Sneakers program, both of these classes qualify. Bring your information to the instructor and she'll take care of it from there for you!

New Lecture:

Friday, May 10th at 1pm - Join Joan Geisler from Fredericksburg Fitness Studio to learn more about saying goodbye to pain and empowering yourself to restore your health.

Trip Cancellation:

Due to lack of interest, A Day at the Races - Dominion Raceway trip scheduled for Saturday, May 11th has been cancelled. We failed to meet the minimum of 30 participants. Stay posted, there are great trips coming up for the remainder of the year!