

HEALTH/FITNESS AND WELLNESS CLUB



Mission Statement: Individuals of all genders and age are welcomed to participate. There will be demonstrations, meditation sessions, discussions, speakers, lectures, and a variety of fitness classes. My aim is to ensure that fitness is available to all. I aspire to establish a haven for the mind, body, and spirit, for everyone. Each person can reach their objectives, one workout at a time, with guidance.

Meetings are scheduled for the 3rd Wednesday of every month at 6:30pm in the dance room. Membership dues are \$12, payable annually upon joining, which covers refreshments and healthy snacks. There are no additional fees to attend the monthly meetings. Members will be responsible for any optional expenses related to activities they decide to join (like outings).

The club's President is Stephanie Lichtenstein, who lives in Greenbriar. She is a certified personal trainer, nutrition consultant, Pilates/Yoga instructor, and a Maddog certified bike instructor. If you have any interest or questions, please reach out to Stephanie via email at SLLDANCER56@AOL.COM or by calling/texting 609 273 6192.

A sneak peak at upcoming events:

- April 15th – NO MEETING
- May 20th – Dr. Debra Taubenslag self hypnosis
- June 17th – Veronica – Reiki
- July 15th - Meditation and Tai Chi with Stephanie
- Aug 19th - Core Workout with Stephanie