

FITNESS FORUM

Are you new to the Fitness Center? Do you have questions about how to use the equipment? Are you frustrated that you're not getting better results with your current workout? Or, perhaps you want to learn a new exercise? Fitness Forum is the place to get answers to all your fitness questions.

Each month, Fitness Manager Debra Saper will introduce a new personal trainer; and, together they will host a 45-minute Q&A session online about all things fitness. They will help you achieve your fitness goals, so feel free to bring all your questions. **This event is free to members.**

FITNESS FORUM MEET 'N GREET **Sunday, May 16 at 6 pm via ZOOM** **Hosted by Fitness Manager Debra Saper &** **a Personal Trainer of the Month**

Advance registration is required at bgfitness.org. The Zoom link to the Meet 'N Greet will be emailed to participants after registration.

BONUS: Purchase a Starter Pack (or similar pack of training) with the featured personal trainer of the month and get an extra 30 minutes of training for free!



FITNESS CENTER
at the Buffalo Grove Park District