



## **Fitness Center Activities** May - June 2017

### May

### June

### July

**Wednesday, May 17th**

**Wednesday, June 14th**

**Wednesday, July 19th**

10:00am-11:00am

10:00am-11:00am

10:00am-11:00am

Lecture :

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♦ ***Balance***

♦ ***Pot Belly***

♦ ***Knees***

Important information on techniques and strategies that may be used to maintain and improve balance.

Get the facts. Learn how to really get rid of your pot belly.

Keep your knees healthy and strong. Prevent unnecessary pain. Avoid knee replacement.

All presentations are free for members and the general public.

For Questions or to register for upcoming fitness activities please call 941-625-4175 ext. 263 or visit the Fitness Center at the Cultural Center at 2280 Aaron St., Port Charlotte, FL 33952

**\$5.00  
OFF**

**New Fitness Center Membership**

When you sign up as a new member on your lecture day.

2017



\*Offer valid on qualifying new Fitness Center memberships.