

WINTER WELLNESS WONDERLAND with Lakeshore Sport & Fitness

featuring

**Fitness Consultations
with Personal Trainer**

Chair Massages

**Ways to Burn Calories
over the Holidays**

**Physical Therapy and
Posture Screenings**

YOGA in The SKY!

**Healthy Snacks and
Smoothies from Chef
Pivoney**

Healthy Holiday Tips

Stop by to learn more about your starting point and how you can take action for a healthier holiday season.

WEDNESDAY, DECEMBER 14

11:00 AM—3:00 PM | 5:30 PM Yoga Class

Attendance is Complimentary for Members and Guests

Registration Required | Contact Gina or Melissa to Register

Yoga starts at 5:30 PM; Advance registration is required.

The  Mid-America
Club

