



Patty Byers

What Workout Plan Is Best For Me? ***How to fit multiple programs into your routine.***

October 22nd at 11:00am OR
October 24th at 11:00am
1st Floor Conference Room

Join Personal Trainer Patty Byers as she explains West Wood's many beneficial program offerings and how to structure your workout routine to participant in multiple programs.

Programs examples: FIT zone, Matrix Machines, Personal Training, classes and additional offerings.

Patty has her Bachelor of Science degree in Kinesiology from UW – Milwaukee with an emphasis on Exercise and Fitness. She is ACE Certified Personal Trainer.

To register, please call the Fitness Desk at (262) 513-7214 or email Anne.Barber@phci.org