



***FREE Trainer Workshop***  
with Adam Lopez

**Moments of Truth**  
**Fitting in Exercise**

**April 20<sup>th</sup> at 10:30am or**  
**April 25<sup>th</sup> at 7:00pm**  
**3<sup>rd</sup> Floor Conference Room**

We all have busy workdays and fitting in a workout during the day can be challenging. Join Personal Trainer Adam Lopez to learn and discuss ways to incorporate more activity into your day without having to commit to a 30 or 60 minute workout.

Workshops are **FREE** and we encourage members and staff to bring friends and family members who may also be interested.