



FREE Trainer Workshop with AJ Kalnins

Functional Fitness

Working Out and Preparing for Real Life Situations

Wednesday December 13th at 5:00pm **or**

Wednesday December 20th at 5:00pm

1st Floor Conference room

Personal Trainer AJ Kalnins gives the rationale behind certain exercises and how in many cases it is beneficial to train for the movements that you make in their everyday lives.

AJ has his Bachelor of Science degree in Exercise Science from UW – Eau Claire. He is ACSM Certified Exercise Physiologist.

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