



Patty Byers

They Have Replaced My Favorite Machines Now What!?

October 16th at 7:00pm OR
October 20th at 10:00am
1st Floor Conference room

Did you use the Keiser equipment and now it is gone? Are you wondering how to use the new Arc Trainers or Synergy unit? Patty will go over new exercises and options on the new equipment and existing equipment to further your needs.

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**