



FREE Trainer Workshop with Megan Kanavas

Diving Into Fitness

**Tuesday August, 15th at 11:00am OR
Tuesday August, 22nd at 11:00am
1st Floor Conference room**

Megan Kanavas will discuss everything our pools have for you to get a great workout every time you come in!

Topics will include: why incorporating water exercise is valuable, proper use of equipment and where to find it, what classes are best for your goals, and how personal training in the pool can benefit you. Come ready to learn about how aquatic exercise can improve your health, fitness, and quality of life!

Register: Please call the Fitness Desk at (262) 513 - 7214 or email Anne.Barber@phci.org