

Come See Us At

TRUDY RESNICK FARBER CENTER



Mondays
11:00 AM

Fun Interval Training (FIT)

Get FIT and feel fantastic! This class is ideal for fitness beginners or those seeking a gentler workout, combining easy cardio and strength exercises in short, enjoyable intervals. You'll gain confidence, increase energy, and leave feeling great!



Wednesdays
11:00 AM

High Intensity Interval Training (HIIT)

Ignite your fitness with HIIT! This high-energy class challenges cardiovascular and muscular endurance, helping you build strength and burn calories. Join to discover your power and leave feeling exhilarated!

**Classes Start
in July!**
**No Registration
Needed!**



**ELLENVILLE REGIONAL
RURAL HEALTH NETWORK**



FITNESS CLASSES