



DHJC FIT CLUB

**3rd Tuesday of Every Month at the Dix Hills
Jewish Center, Starting February 21, 2017**

7:30pm-8:15pm

Feeling less than inspired by the gym, or struggling to get any kind of exercise in at all? You're not alone!

Join us at the DHJC on the 3rd Tuesday of every month for a group workout session. No equipment necessary, just bring a towel and water. (Yoga mat optional).

We'll be working together using a cutting edge fitness program, that always includes a low impact/modification option to follow.

Workouts will begin promptly at 7:30pm, and we'll wrap up by 8:15pm.

Hosted by independent Beachbody Coach Geoffrey Schwartz

Please reserve your spot by emailing:

coachgeoffreyschwartz@gmail.com or texting 631-721-3125

FIT CLUB HIGHLIGHTS

**30-45 Minutes of
Cardiovascular
Exercise**

**Low Impact/
Modification
Options**

**All Ages and
Abilities
Welcome!**

**Get Healthy With
Your Community!**

FREE!