



FALL TRAINING 2025

Session 2

Fridays at Noon
October 17 – November 21

Ready to lose inches and body fat, and gain strength? This 6-week group program works on different exercises to help you lose fat and build muscle mass. Included in this program:
2 assessments, 6 30-minute workouts,
weekly group emails & fitness articles.

-Pre assessments to be done the week of October 6

-Post assessments to be done the week of December 1

Cost: \$50 for employees, \$60 for members, \$80 for non-members

To sign up or if you have questions, please email Melissa at
mknutoff@firsthealth.org

FirstHealth

FITNESS

(910) 692-6129