

# Stress Rescue Workshop September 7, 2024

10 AM-12 PM

This Workshop is held in the  
Lifestyle Fitness Center  
Conference Room

**Register in the Business Office or call:**

(559) 624-3408 to reserve your space with a Visa or MasterCard.

## Halloween Events

### Zombie/ Zumba Bash

Wednesday October 30, 2024

5:30-6:30 PM

Aerobic Room A

### Spooky Spin

Saturday October 26, 2024

8:30- 9:30 AM

Aerobic Room "B"

*You will be DEAD tired after these workouts.*



**Celebrating National Innergize Day  
September 23, 2024**

10% off all cryotherapy and  
NormaTec packages from  
September 1-30, 2024.

