

Starting Dec. 3rd

ASK A TRAINER



LAKESIDE GYM WEDNESDAYS 12:00 - 1:00PM

OAKSIDE GYM THURSDAYS 11:30 -12:30PM



JOIN OUR VIP LIST!

New Year New You Personalized
Training Sessions

Available for purchase starting
in 2026.

Need help with a
machine? Just ask!

We'll Check Form & Keep
You Moving Safely

Modification
Recommendations

Workout Tips & Support

RESIDENTS AND
EMPLOYEES