

September 2018 Class Calendar & England Fitness Center News

Unlimited Classes \$24 members and \$35 for non-members.

501-842-1016 www.EnglandFitnessCenter.com

NEW health service will be offered to EFC members.

DRY SAUNA *coming this fall!*

Members pricing and more information released soon!



Some of the sauna use benefits may include :

Weight Loss, Skin Purification, Detoxification, Heart Health, Improves Circulation Health, Cardiovascular Conditioning, Reduction of Cellulite, Pain Reduction, Stress Relief and Relaxation. Increases White Blood Cell Counts and more.
Research the benefits!

Mondays	Tuesdays	Wednesdays	Thursdays
September 10,17, 24	September 4,11,18,25	September 5,12,19,26	September 6,13,20,27
<p>Video Classes Silver Sneakers CIRCUIT at 9am YOGA at 10am</p> <p>WEIGHT WATCHERS 5:30 Weigh In and Sign up 6pm Meeting starts</p>	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p>	<p>9am: Silver Sneakers CIRCUIT Heart Healthy Class Instructor: Terri Butler</p> <p>10am Silver Sneakers Chair Yoga Instructor: Terri Butler</p>	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p>

EFC OPEN 8-2 only for Labor Day 9-3-18 . NO CLASSES- WW will be at 8am