

MARCH

Member Appreciation Month!



thank you!

Thank you for your support of NYA Sports & Fitness!

We'd like to show our appreciation to our members with some special offerings during the month of March.

WELLNESS SEMINARS

- March 4th—11:00 am
Shoulder and Rotator Cuff Strengthening with Andrew
- March 11th—11:00am
Office Stretches with Will
- March 18th—11:00am
Foam Rolling and Core with Susan and Joanne
- March 25th—11:00am
Kid's Fitness with Kevin

Seminars will be held on Saturdays at 11:00am during the month of March. Please sign up at Fitness Center desk.

FRESHEN UP YOUR PROGRAM

1/2 Hour Assessment with a Trainer

We want you to be successful in reaching your fitness goals!

Bored with your workout? Not reaching your goals? We'd like to help. We are offering a 1/2 hour re-assessment with one of our nationally-certified personal-trainers. Must book session by end of March. Sign up at the Fitness Center Desk.