

Health & Wellness Challenge

PERSONAL TRAINER COMING



TO YOU XFN



2 hour sessions
Once a month for four months

What will these sessions consist of?

- Learning about form,
- The importance of exercise
- Finding what workouts work for you
- Building a fitness plan based on your goals
- Building a nutritional plan for you



XFN Gymnasium



April 24th 2025



5:30pm - 7:30 pm

