



COMMITTEE
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Total Body Fitness – All levels

Taught by Certified Personal Trainer Robin McFadden, Total Body Fitness **Friday's from 11:00 am - 12:00 pm**. Gender inclusive.

Wee Wah Park & Beach Club

Fitness workouts are important to overall health and wellbeing.

Full body workout: you are exercising your whole body, with all muscle groups being used and stimulated in one workout. For example, you combine exercises that use the upper body and lower body, plus the core in one training session.

Robin thrives on helping all her clients reach personal goals both physically and mentally, which will result in an overall well-being. She is successful when her clients achieve wellness and are motivated to life changing experiences.

Cost per class: \$20

This class is for Village residents.

Please pay 48 hours in advance to **Venmo @Robin-Mcfadden**. Bring your mat, water bottle, and towel. Four-person minimum, subject to cancellation. Privates available.

All inquiries directly to Robin at rlmcfadden1@gmail.com or text 914 714 9330.