

HEALTH.

FITNESS.

WELLNESS

FREE Classes **Every TUESDAY** **at 10am** **in September!**

*Open to non-members! Invite your friends and family!
Sign up at the Front Desk.*

Sept 5 *Is Your Posture Aging You?*

An educational and hands-on workshop to give you simple ways to start reversing aging and move with greater mobility.

Sept 12 *Sound Healing Therapy*

"Tune up," brighten your mood and melt away stress in a 60-minute Sound Session immersion with Tibetan and crystal bowls and a Moon gong.

Sept 19 *POUND!*

Rikkie will take you through a 45-minute electrifying jam session with workout sticks combines cardio, strength training and plyometrics to your favorite soundtrack.

Sept 26 *Are Your Hormones Wrecking Havoc?*

This workshop discusses the role that hormones play on achieving your health, fitness and esthetic goals. Learn tips and secrets to help you achieve the health, wellness and vigor you deserve!

567 Medford Center Medford, OR 97501
Ph (541) 690-1030
www.villagefitnessmedford.com

