

Employee Fitness Center

We're excited to announce that the NEW all employee Fitness Center, located across from the salon, is now OPEN!

The Fitness Center equipment is amazing! It includes ellipticals, a treadmill, a rowing machine along with equipment to work your upper body, core and lower body. The gym is also equipped with a wide variety of free weights, medicine balls and resistance bands to help you complete your full-body work out.

The Fitness Center will be accessible 24 hours a day, 7 days a week. To gain access to the gym, employees must first complete one of the educational training sessions and sign a waiver release form. The next educational training sessions will be conducted on the following dates:



Date	Time
Tuesday, January 8, 2019	7:15 am
Wednesday, January 9, 2019	3:30 pm
Wednesday, January 16, 2019	12:00 pm
Thursday, January 17, 2019	4:30 pm
Thursday, January 24, 2019	7:15 am
Friday, January 25, 2019	3:30 pm
Tuesday, January 29, 2019	4:15 pm
Wednesday, January 30, 2019	7:30 am
Wednesday, February 6, 2019	2:15 pm

