

**SIT AND GET FIT WITH JEANETTE WHITE**

**WEDNESDAY'S AT 1PM STARTING MAY 3RD**

**\$1 MEMBERS/\$2 NON MEMBERS**



**Jeanette White is a trained fitness professional for over 40 years. She loves giving the gift of health to all ages. She is a personal trainer, group fitness instructor and water fitness instructor. Jeanette teaches a unique stick fitness class that combines hand eye coordination and rhythmic moves to music. She provides free, fun group fitness classes to the community in a safe environment. All fitness levels and ages are welcome. She believes the most important fitness rule is just being PRESENT!!! Come join in the fun. Remember we get better when we stick together.....**