

Fitness Trail Classes

from a certified trainer

\$5/class

**Mondays; 6pm—7pm and
Thursdays; 9:30am—10:30am
@ West End Regional Park
578 Evergreen Hollow Rd.
Brodheadsville**

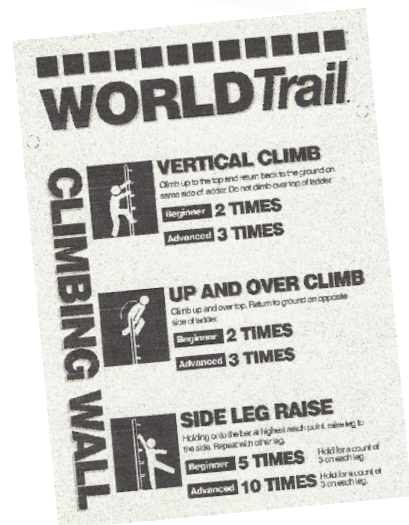
LifeTrail
Advanced Wellness System



Find out how the fitness trail can help you achieve your goals!

LifeTrail is an outdoor wellness system that has been specifically designed for older adults! The system is based on functional fitness, which focuses on building a body capable of doing real-life activities in real-life positions.

WorldTrail Fitness is a comprehensive fitness program for beginners to advanced users alike.



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