

Community Health & Wellness Events



Operation Prom

Drop off gently used gowns and Club Fit will donate to help young girls have the “dress of their dreams” for that special night.

March 1 - 8

Drop off bins at each club location.

Club Fit Briarcliff - 584 North State Road, Briarcliff Manor
 Club Fit Jefferson Valley - 600 Bank Road, Jefferson Valley

Call Terry Lanza at 914.762.3444 ext. 2190 or tlanza@clubfit.com for information.

Blue Mountain Park to Mt. Spitzenberg

“The Terrace of the Hudson”

B - “Moderate”

Sunday, **March 7** 10:00am

Hike Leader: Andrew Stein 914.671.3760 or asvideo@optimum.net



11th Annual Frog Hike & Osborn Loop Hike

“Hear the Frogs ‘Ribbiting’ Performance!”

A - “Moderately Challenging”

Sunday, **March 28** 10:00am

Hike Leader: Andrew Stein 914.671.3760 or asvideo@optimum.net

All Hikes Meet at Toys ‘R Us Parking Lot, Jefferson Valley.

Cancer Wellness Classes

Offered by Club Fit Fitness Center



Sessions are designed to meet the special needs of people undergoing and recovering from cancer treatment. Join and take charge of your stress, minimize symptom distress, enhance your sense of well-being and build confidence and enhance vitality.

Eight week session, but join in at any time. Physician’s note required for attendance.

Mondays, Wednesdays: 1 – 2pm in Fitness Center.
 Call Joanna Kedzierska at 914.762.3444 ext. 2248 or Barbara Cullen at ext. 2147 for additional information.

How to Have a Healthy Back

Presented by Yaakov Gottlieb PT, MS

Wednesday, **March 3**

5:30 - 6:30pm, Conference Rm



Questions?

Call 914.762.2222 ext. 2157

Pre-registration is required.

Facial Harmony

Facial Aesthetics Through Smile Design

Presented by Harvey F. Perlow D.D.S.

Monday, **March 22** 7pm

Briarcliff Conference Room - JV Members and Guests Welcome

Pre-registration a must at the Service Desk.

Call Terry Lanza at 914.762.3444 ext. 2190 or tlanza@clubfit.com for information.

Blood Glucose Monitoring

Presented by Phelps Hospital

Wednesday, **March 31** 10:00am - 12:00pm

Briarcliff Conference Room - JV Members and Guests Welcome



PHELPS
 MEMORIAL HOSPITAL CENTER
 Sleepy Hollow, NY • www.phelpshospital.org

Call Terry Lanza at 914.762.3444 ext. 2190 or tlanza@clubfit.com for information.



A physician referred exercise program designed to ease patients into exercising.

Clients will receive personalized attention from dedicated fitness professionals in order to establish fitness and lifestyle changes and goal setting. Clients are asked to complete two workout sessions each week over a 90 day period, and may continue membership with no additional enrollment fee. Experience the HelpRx program. Go to clubfit.com to complete the physician referral form and fax or bring it to Club Fit. Now is the time!

Questions? Call Terry Lanza at 914.250.2797 or tlanza@clubfit.com.