



EXERCISE CLASSES

Exercise 101

This class teaches an introduction to cardio, stretching, and strength building exercises you can do at home and at work. Bring a towel and water—sweating included! Taught by Andy Gallardo, certified personal trainer. Sign up for this session by e-mail to kplat@kp.org. Class size limited.

March 18, 2010, 5:15 – 6:15 p.m. Conference Room 1B

1:1 Training with Andy Gallardo, certified personal trainer

Want to ask questions and find out what you should be doing when you workout? Or better yet, want to start working out? Then sign up for a half-hour individualized training session. To sign up for your session, send an e-mail to kplat@kp.org. You will need to wear your work out gear.

March 26, 2010, 10 a.m. – 3 p.m. Conference Room 1C

