

PERSONAL FITNESS COMMUNITY CLASS

**Build strength.
Move with confidence.**

Offered on Sundays:

- Individual session: 1:30-2:15 pm
- Individual session: 2:30-3:15 pm
- Group session: 3:30-4:15 pm

**Pricing: \$110/individual
\$75/group**

Dates: 11/8/26-8/31/27

**Instructor: Rich Dignus, Certified
Personal Trainer**



**Personal Fitness – Individual & Small Group
Training**

Our Personal Fitness classes provide a supportive, inclusive environment where individuals of all abilities can build strength, improve endurance, and develop healthy exercise habits. Offered in individual and small group settings, each session is tailored to participants' unique abilities, fitness levels, and personal goals. Through guided exercises, strength training, balance, coordination, and cardiovascular activities, participants gain confidence, increase independence, and enhance their overall physical well-being.

Location: 460 County Road 111, Manorville, NY

Contact: 631-22-8806

info@listrive.com

REGISTER AT: listrive.com

JOIN THE CLASS