



CHOICES Health Education and Wellness

Smart n' Fit series

Alachua Women's Club

14565 Main St. Alachua, FL



Lecture Classes: (6-7pm)

- Tuesday, September 1st Exercise, Getting Started, and Sticking With It
- Tuesday, September 8th Exercise to Prevent Cancer
- Tuesday, September 15th Breast Cancer
- Tuesday, September 22nd Blood Pressure and Heart Disease
- Tuesday, September 29th Strength Training Principles

Exercise Classes: (6-7 pm)

- Thursday, September 3rd Fitness with Fred
- Thursday, September 10th Fitness with Fred
- Thursday, September 17th Fitness with Fred
- Thursday, September 24th Fitness with Fred

Please bring towel/mat and water bottle to exercise classes