

## Group Fitness Classes Scheduled to begin at Elks Lodge Gym

**San Francisco, CA. – September 27, 2008** - With the intention of helping to keep members of the San Francisco Elks Lodge healthy and in shape, the gym proudly presents our new Elk Fit Group Fitness Program. This new program will offer three fitness sessions per week. **Yoga, Cardio Circuit Training** and **Body Sculpting** classes will be offered for \$10 per class.

Classes begin on **Saturday, October 25, 2008** and each class will run one hour each. They will be led by professional, certified fitness instructors and require no previous experience, just a willingness to learn and get active. “The Elk Fit Group Fitness Program” is a new and exciting opportunity for Elks Lodge members to enjoy working out at the club and engaging in fun, educational, and healthy activities. Our new program is geared for individuals, families, and seniors. We hope these well-rounded programs will help people start a regular exercise routine. Getting one hour of physical activity daily has substantial health benefits, such as lowering the risk of developing heart disease, hypertension, and type 2 Diabetes. Working out can also improve your balance, flexibility as well as the health of muscles, bones, and joints.

Additionally, obesity is a serious, growing health concern for both children and adults, and like many chronic illnesses, it can be avoided by taking a more active role in your health. You can do that by committing to regular physical exercise. Group Fitness classes are valuable tools to help people learn about different kinds of exercise, get started and stay on the path to a healthier lifestyle.

The new Group Fitness classes start October 25<sup>th</sup> and the weekly schedule is as follows:

- Saturday, October 25 — 10 a.m. – 11 a.m. - YOGA
- Tuesday, October 28 - — 5 p.m. – 6 p.m. – CIRCUIT TRAINING
- Thursday, October 30 – 5 p.m. – 6 p.m. – BODY SCULPTING

Please join us for some fun workouts. It is also suggested that participants wear comfortable clothes and shoes appropriate for fitness activities, and bring bottled water.

Elks are American citizens who enjoy living life by the golden rule and contributing to the lives and well-being of those around them. We guide ourselves through life with strong morals and a great love of our fellow man, always adhering to the founding principals of our order: Charity, Justice, Brotherly Love and Fidelity. The San Francisco Elks Lodge No. 3 is the oldest continuously operating Lodge in Elkdom.

CONTACT for INFORMATION:

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