



Great for couples & groups of friends that want to get motivated together. For anyone 50 + who wants to be active as they begin to age.

Younger Next Year

Session I Monday 7:00 p.m.

Jan. 25 – March 1

Thursday 10:00 a.m.

Jan. 28 – March 4

Session II Friday 8:00 a.m.

March 16 - April 21



This book and these coaching sessions will change your life and your attitude about aging. Join Anne Tremel and learn how to live strong, fit, and sexy until you are 80 and beyond. Based on The New York Times Best Selling Book, recommended by Dr. Oz, this series is great for couples and friends that want to be motivated to be more active as you begin the journey through the “next third of your life.”

\$59 Member/ \$79 Non-Member, 6 Weeks (book included)