



## Save the Date

### *Ellicott City's Ultimate Small Group Training Program*

On **April 17 at 1:00PM at the Meeting House**, we will have a **low impact exercise class** with Abby Peterson. She will talk to us and lead a low impact exercise class.

Abby and her husband own **39 minute Workout and Wellness in Ellicott City**. Abby does nutrition counseling, exercise and acupuncture.

Their unique approach to small group training gives you the perfect blend of customized workouts and group accountability. At 39 Minute Workout, our small group fitness classes offer the same customized approach as personal training, where you'll get tailored workouts and nutrition coaching, but with the extra motivation and support that comes from training in a social environment

Hope to see you all there.