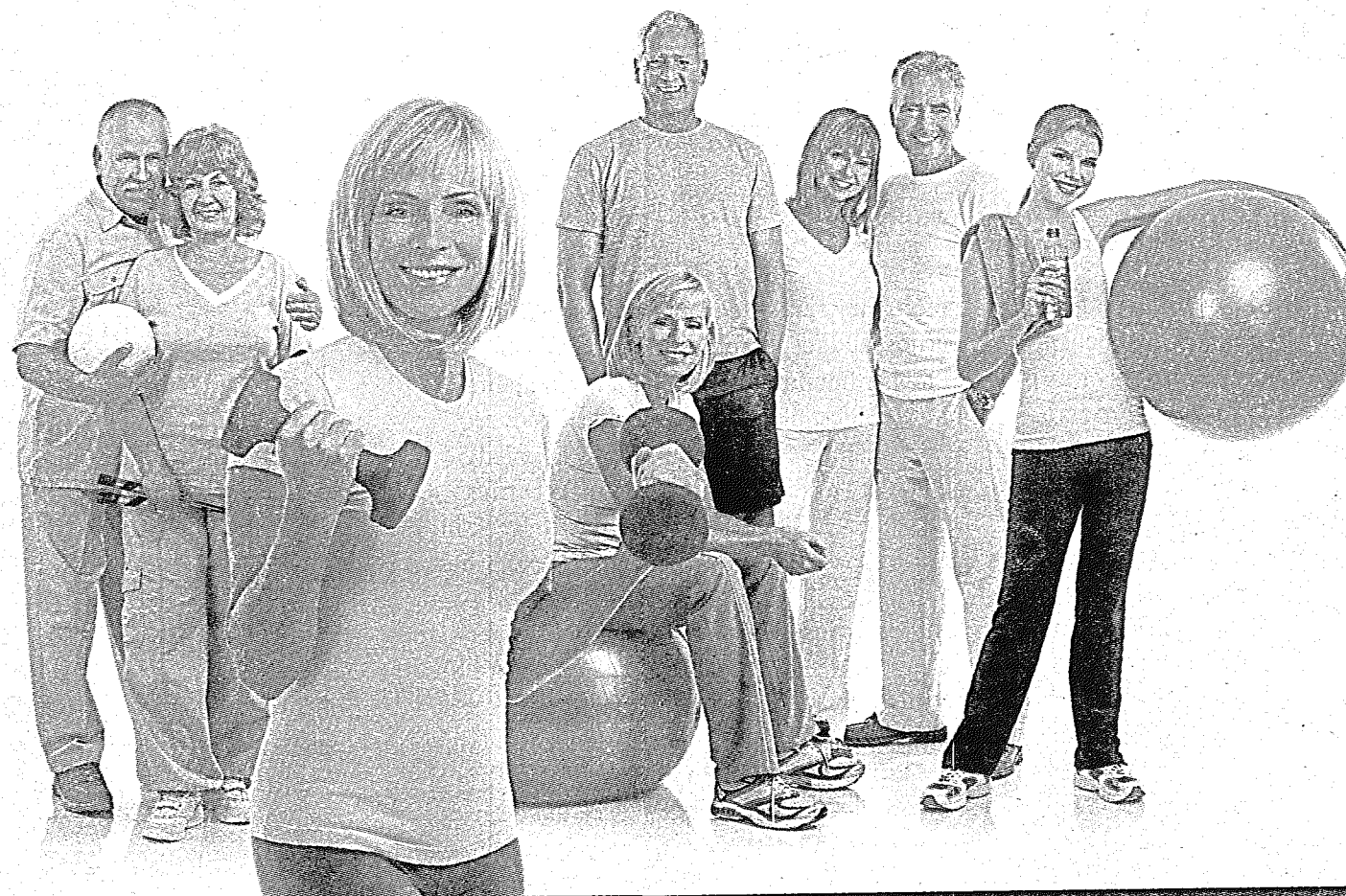




A NEW YEAR = A NEW YOU!

Look for opportunities at the Rockcastle Regional Wellness Center to discover a 'NEW YOU' through fitness and exercise!

The Rockcastle Regional Wellness Center is now entering in to its second year of class offerings. Beginning with only five Zumba® classes a week, the Wellness Center has now grown to offer all varieties of strength training, cardio classes, kids' classes, senior specialty classes as well as a karate and meditation. Recognizing the need for a space dedicated to assisting individuals with their health and fitness goals, the Wellness Center is proud to now offer thirty five classes a week for ages six and up.

So, what are you waiting for? The benefits are countless, the experience is exciting and the time is NOW!

Visit www.rockcastleregional.org/wellnesscenter to view the current class offerings or use your smart phone to scan our QR code!

