

Come Celebrate Our
25th Anniversary!

Saturday May 30th

Chatham Health & Swim Club
Open House Celebration

Schedule of Events

8-9 am:	Fitness “Then” & Fitness “Now” (<i>Exercise Class</i>)*
9:30 am:	25 Healthy Food & Fitness Tips (<i>Lecture</i>)
11-3 pm:	FREE Chair massages for upper back & shoulders (<i>with local therapists</i>)
12-4 pm:	Functional Trainer Demo (<i>on new equipment</i>)
4-5 pm:	Indoor Rowing Demo
4:30-6 pm:	Wine & Cheese Reception with Cheryl Kain Jazz Trio

*Classes & massages require pre-registration.