

# GYM PHOBIA & HOW TO CONQUER IT

Monday, May 10 • 11 a.m. - Noon

**FREE**  
Zoom  
**55+**  
& BETTER

Have you thought about joining a gym but find the idea intimidating? Gyms and fitness centers will open again and can provide a great option for meeting your exercise goals. This one hour 4 session virtual class is designed to help take the fear out of belonging to a gym. Topics will include: the benefits of gym membership, proper gym etiquette, scheduling your gym workout, and how to use the cardio and strength training machines.

ACTIVITY **107928**

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