

# Fighting Father Time, Moving with Mother Nature

with Karen Zareck

**How do you maximize movement so your  
body works like a well-oiled machine?**

Learn the best ways to stay active,  
mobile, stable and in shape —  
no matter your fitness level or age!

**April 13, July 13  
or October 12**

**Saturday, 11am–Noon  
Conference Room**



**REGISTER** Greenwood App, 303.770.2582 x274  
ClubGreenwood.com/PersonalTraining

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