

Thanksgiving Day

KICK YOUR BUTT BOOTCAMP!

8:30AM

WITH WENDY VEALE

CLASS DESCRIPTION:

MAKE ROOM FOR LOTS OF TURKEY...

COME JOIN US THANKSGIVING MORNING AT 8:30AM FOR A COHESIVE, HIGH INTENSITY, FUNCTIONALLY CHALLENGING, FULL BODY BOOT CAMP WORKOUT WITH WENDY VEALE, B.S., C.P.F.T.

BIO:

WENDY VEALE, B.S., C.P.F.T, HAS BEEN AN AEROBICS AND PERSONAL FITNESS TRAINER FOR THE PAST 20 YEARS. BEGINNING IN COLLEGE, SHE LED CLASSES TO JANE FONDA TAPES AND SOON EARNED NATIONAL CERTIFICATIONS IN BOTH AEROBICS AND PERSONAL FITNESS TRAINING THROUGH THE WORLD'S LARGEST FITNESS EDUCATOR TO THIS DAY, AFAA. UPON COLLEGE GRADUATION, WENDY BEGAN TEACHING VARIOUS FITNESS CLASSES AT LOCAL GYMS, PERSONALLY TRAIN CLIENTS IN THE PRIVACY OF THEIR OWN HOME, WORKPLACE AND/OR FITNESS FACILITY AS WELL AS DESIGN AND INSTITUTE FITNESS PROGRAMS FOR CORPORATE ENTITIES. EACH YEAR, SHE CONTINUES TO WORK CLOSELY WITH THE FINEST FITNESS EXPERTS FURTHERING HER EDUCATION, CREDENTIALS AND TRAINING IN ORDER TO KEEP UP TO DATE ON ALL THE NEWEST INNOVATIONS TO PASS ON TO HER CLIENTELE AND STUDENTS.