



To the members of UA Local 324:

We are pleased to offer weekly group physical conditioning classes free for members and their families. These workouts are suitable for all fitness levels and ages.

The gym floors at both facilities are matted from wall to wall; outdoor shoes are prohibited, please come prepared to train in bare feet but bring running shoes in case we end up outside. Make sure you bring a water bottle, hydrate before and eat about 1.5 hours before exercising.

The group training sessions will be held as follows:

- **Island MMA/ Peterec's Martial Arts:** 831 Fisgard Street
- Sunday nights from 6:30 – 7:30.

- **Crusher Combat Sports:** Unit #149 2956 Westshore parkway
- Thursday nights from 6:00 – 7:00 pm.

Please email me at the address below to be added to the email list and to receive notification about our future events. We are also posting upcoming events on the UA 324 Facebook page as well. Please come out and participate so we can continue to offer these workouts on a continuing basis to our members and their families.

Sincerely,

Local 324 Health and Wellness committee
Ron Perkin
rperkin9@gmail.com