

LIFE SERIES

ATTENTION: RENEW ACTIVE MEMBERS

We value the fact that you have chosen Desert Sports and Fitness as your club. Whether you are currently working out or still cautious about returning, we thank you for being a member.

The feedback from our last email was amazing, the majority of you let us know your preference was that we communicate by email. We will be announcing later in February when our free virtual presentations will be posted on our website. You can check them out at your convenience. This month we will feature Aung Foot Health Clinic with Dr. Barbara Aung. We will also be sharing a delicious & healthy protein smoothie recipe. Compliments of Nutritionist Briana Gee.

Future L.I.F.E. SERIES programs will include Presentation tips for Heart Health, Hydration, Muscular Endurance, Visceral fat, Balance, Posture, Flexibility and Functional Fitness.

Kelly, our Manager, will have a video update on the numerous precautions taken to keep our fitness community safe for you and our team.

Last, but certainly not least, please take a minute to schedule an appointment in order to update us on your current health concerns and share with us your goals.

Our priority is to help take care of you in case of an emergency. Reply to email darla.g@desertsportsandfitness or call 722-6300 for an appointment that will take 15 - 30 minutes.

Stay Strong!

Kelly, Darla, and DSF Team