



Community Calendar Announcement

- What:** “Forever Fit” Wellness Class
- Where:** Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento
- When:** Monday, April 19
- Time:** 11:30 a.m.
- Cost:** \$20.00
- For More:** 916-482-6111 or www.ardenhills.net

Suggested Copy: Sometimes starting a new fitness program can be intimidating. Not anymore! As part of a special wellness class at **Arden Hills Resort Club & Spa** led by Fitness Director Adam Attia, you’ll learn the simple “Do’s and Don’ts of Fitness” plus have the opportunity to ask questions of a tried-and-true expert. Many of the tips may surprise you and will certainly get you motivated for action. Open to everyone, space is limited. To find out more, call 916-482-6111 or visit www.ardenhills.net.

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