

“Neither rain, nor snow, nor heat, nor gloom of night stays these couriers from the **swift completion of their appointed rounds.”**

U.S. Postal Service motto, inscribed at the NYC Post Office at Madison Square Garden

Chebeague Recreation Center

POSTAL CORE

WEDNESDAYS

4:45-5:15

at the Fitness Room

Check In * Get Inspired * Work Out * Go Home

This is a team-based approach to meet your personal fitness and wellness goals. You pick your nutrition and work-out program, we provide the journals, the team and the accountability and cheerleading to meet your goals. \$5 drop in fee. Call Erika for info: 749-8022