

**“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

THURSDAYS

5pm

*(new time and day for SPRING)*

**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.