

Beth L Tashnick

Subject: FW: Flex into Fitness - For what it's worth....

-----Original Message-----

From: Lorraine Palmer

Sent: Monday, March 25, 2024 8:38 PM

To: Brian Goul ;Nikki C McEachern

Subject: Flex into Fitness - For what it's worth....

Hi,

There have been lots of nice changes at TCC over the past several months. Thank you for taking action on input from members.

Regarding Flex into Fitness, Ellen's Monday 9:00 class is always well attended (24 participants today). Is there any way this (or Barb's) could be offered 2x per week?

Kelly did a great job filling in for Barb's Wednesday 9:00 class while she was gone. These are all strong instructors, and based on the post-class chatter, you would make many participants happy if you offered a weight/toning class (such as Ellen's, Barb's, or Kelly's) at 9:00 on M-W-F. (Toni's class has also gotten positive feedback.)

Also, the Tuesday/Thursday Pilates is missed—not sure about instructor availability for that since Linda left.

We have not yet seen the new schedule, but hope you are able to maintain some of these morning classes and dedicated instructors. I know it's always a puzzle, and that you receive many suggestions. Thanks for considering mine.

Lori Palmer