

# Fitness Club



**The York Technical College Fitness Club brings together ALL student, faculty, and staff in activities that lead to improved physical fitness for the improvement of overall health -physical, mental, and emotional.**

## **Membership**

The Fitness Club is open to ALL students, faculty, and staff. Meeting and event topics will include\*: Helping fellow members set and accomplish fitness goals; Assisting you to reach your health goals; Creating work, school, health, and life balance

\*Meeting topics and events will vary based on member interests.

## **Fitness Club Activities**

Planning for fitness events, Community service projects, Monthly fitness activity decided on by members, Health and wellness assessments

## **Club Advisor**

If you are interested in the Fitness Club, email Daniel Payseur (dpayseur@yorktech.edu). Have ideas that you would like the Fitness Club to participate in? LET US KNOW!