



ROSEDALE FITNESS CENTER TOUR



SCAN ME

MONDAY MAY 13TH
5:30PM-6:30PM

FREE Fitness Center & Movement Studio Tour with Rosedale's Fitness & Wellness Provider B Powerful Owner Bethany Reul.

Learn how to properly use all the fitness center equipment, The Mirror, Peloton Bikes, and all the fun fitness and wellness events coming to Rosedale CC for the 2023-2024 season.

Be sure to RSVP via the Rosedale CC website online class system OR the Rosedale Club APP.

Call B Powerful Today 941-504-4767 about personal training, private yoga, and meal plan specials!



FITNESS CENTER SERVICES

- Post-Rehab Recovery
- Personal Training
- Private Yoga
- Balance Training
- Cardio Training
- Meal Plans
- Weight Loss Coaching
- Tennis & Golfer Workouts
- B Powerful Workout APP