Fit and Fabulous for 15!

started on February 1st, 2010 and much to the joy of Christine Smith, Extension Agent, Family and Consumer Sciences, and Rovonda Freeman, Minority Health Coordinator, Wayne County Health Department the Wayne Center was packed!

This 15 week program meets twice a week and provides instruction in nutrition, based on the Eat Smart, Move More, Weigh Less program.

A fun filled and vigorous work-out is offered twice a week.

To mix it up, Monday nights Patricia Hobbs, AFAA Certified, Personal Trainer, Group Exercise, leads the group in aerobics. Wednesday evening participants “Zumba” their inches and worries away with Olive Cyrus, AFAA Certified, Group Trainer, Zumba Instructor.

Although this program can no longer accept registrants, be on the look-out for future programs offered by

NC Cooperative Extension in partnership with the Wayne County Health Department.

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