



San Francisco Legal Professionals Association Quarterly Membership Meeting

Tuesday, October 20, 2020 6:00 -7:30 pm
Via zoom

Speaker: Amy Gluchowski

Topic: Five Pillars of Health and Fitness

Since this is our Fun Fitness Challenge month, we have invited Amy to speak and help us all stay motivated. We are also doing a costume contest!!

Wear your scary, fun or crazy costume and you might win a \$50 Amazon Gift Card!

Amy graduated from California State University, Chico with her Bachelor of Science degree in Exercise Physiology/Pre-Physical Therapy. She has been working in the Health and Fitness Industry as a personal trainer and group fitness instructor for the past 6 years. Amy's certifications and specialties include corrective exercise, nutrition coaching, strength and conditioning, weight loss and behavioral change. Her experience and love for coaching her clients to their goals and shift their mindset about health and fitness is what makes her passionate about her career.

BS- Exercise Physiology, NASM- CPT,CES,PN1, CSCS March 2021

RSVP to: program@sflpa.org by Friday, October 16, 2020

Let's have a scary fright night of fun, prizes and wonderful memories.

