Spin with David!

Are all sugars bad? Do carbs really boost my endurance? Do I need extra protein to maintain lean muscle? Should I be taking supplements? These are some of the questions Sandra Tsai, licensed dietitian, will answer in her new class, Nutrition Facts and Fiction. The class will be held Monday evenings at 7:00 p.m. for four weeks, beginning October 9.

Eat Heart Healthy with Sandra!

David Fairmont, licensed personal trainer, is starting an early morning spinning class designed specifically to improve cardiovascular health. The 45-minute class will be held Monday through Friday beginning at 5:30 a.m.