



The Perry Park Center is excited to announce a new service offered in our weight room for our patrons!

Teaching Tuesdays & Fitness Fridays

Have you ever looked at a piece of equipment and thought, “what does that do” or “how in the world do I work that?” Well David - ACE Certified personal trainer- our newest addition to Fitness staff, is here to help!

On Tuesdays and Fridays, David will be instructing our newest members, and returning members, on how to effectively use our weight room to your advantage-whatever your fitness goals may be. Sign up for 15 minute sessions at the Front Desk! Times start at 5:00pm and go until 7:00pm.

Contact Kaelin Casasola-League and Fitness Supervisor-for more information: 573-547-7275