



## THE SERVICE LEADER IN FITNESS & HEALTH PROMOTION

### What's Happening at L&T Health and Fitness

On October 6, twenty-five L&T employees participated in a SERVICE Leadership training for group fitness skills in Washington, D.C. The training featured L&T presenters: Renee Goldsmith, Abby Hedahl, Lauren Hucker, Melinda Moore and Teresa Fortunato - O'Mara. Classes included Kick-Butt Kickboxing, Standing Pilates, Total Strong Bar and Group Cycling with Inspiration. It was a great opportunity for L&T employees to share knowledge and enhance their teaching and training skills



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