



march

wellness & fitness center



Open House Saturday, October 17

Event	Time	Location
Cholesterol Screening	10am-2pm	Fitness Floor
Chair Massage	10am-2pm	Lobby
Natural Foods Samples	10am-2pm	Lobby
Acupuncture	10am-2pm	Balcony
Stress Reduction – One Breath at a Time	11-12	Balcony
Stability Ball for Beginners	10:30am	Studio C
TRX	11 & 11:30am	Fitness Floor
Chinese Brush Painting	11:30am-1pm	Kitchen
Lunge & Step up Demo	12 pm	Studio A
Dynamic Warm Up Demo	12:30pm	Studio A
Zumba Class	1pm	Studio A
Fitness Bingo	All day	Fitness Desk

Bring a Friend (members may bring one guest free)

Stop by and enter to win prizes or enjoy a tasty snack.

Events are subject to change