

New Year! Fresh Start!

OPEN HOUSE

Saturday, Jan. 6, 9 a.m. – 1 p.m.










George, 79
marathoner and
member since 2003

Did you know you are three times more likely to succeed when you work out with a partner? Invite a friend to the Open House and start the New Year off with health and fitness!

Try a group exercise, yoga and mat Pilates class for FREE!

Schedule Of Events

	8 - 9 a.m. Know Your Numbers - Blood Pressure Check
	8:30 - 9 a.m. Intro to Small Group Training - Silver Room
	9 - 9:30 a.m. Intro to Barre Burn - Silver Room
	9:30 - 10 a.m. Intro to Yoga Basics - Silver Room
	10 - 11 a.m. Eating Healthy in the New Year - Café
	10 - 11 a.m. Intro to COREMOM - SGT Room
	11 - 11:30 a.m. Intro to Medical Exercise Training - Café