

FEBRUARY 2020

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Member Challenge Workout to Win STARTS
2	3 Pilates Reformer FREE Trial for new clients, 4 pm. Register with Member Services	4	5 Registered Program Sprint 8 STARTS	6	7	8
9	10 Pilates Reformer FREE Trial for new clients, 4 pm. Register with Member Services	11	12 Registered Program Women on Weights STARTS Meet the Trainer Allister Roop - Best Xpress Workouts, 11 am	13 Member Clinic Scents and Allergies, 5:15 pm with Dr. Rory Gibbons, ND	14 Happy Valentine's Day Bring a sweetheart for a free workout!	15
16	17 Facility closed for Family Day	18	19	20 Meet the Trainer Allister Roop - Proper Deadlifts, 11 am	21	22
23	24 Registered Program Police Training STARTS Pilates Reformer FREE Trial for new clients, 4 pm. Register with Member Services	25 Pilates Reformer Intro/Level 1 Mixed STARTS Level 1 & Level 2 Mixed STARTS Member Event DJ Dance Party, 5:15 - 7:30 pm. Various instructors. Meet the Trainer Massimo De Angelis - Proper Squats, 12:15 pm	26 Registered Program Rise to Shine STARTS Pilates Reformer Intro/Level 1 Mixed STARTS Member Clinic Pillars of Health, 5:15 pm with Regan Courtney	27 Pilates Reformer Intro/Level 1 Mixed STARTS	28 Friendly Friday Bring a friend for free! ID required Registered Program Fridays with Regan STARTS Pilates Reformer Level 2 STARTS	29 Member Challenge Workout to Win ENDS