

MEMBER APPRECIATION WEEK

MONDAY, APRIL 1 - SUNDAY, APRIL 7

BRING A FRIEND OR TWO AS OUR GUEST. MEMBERS CAN BRING TWO GUESTS EACH DAY THROUGHOUT THE WEEK. SIMPLY SIGN IN AT THE MEMBERSHIP OFFICE UPON YOUR ARRIVAL. PLEASE NOTE THAT MEMBERS MUST ACCOMPANY GUESTS DURING THEIR VISIT.

MONDAY, APRIL 1

Giveaways & Spa Specials Start Today

Trail Mix Bar || Starts at 11am || Cafe

Meditation Workshop

6:45pm || 60 min || Massage Room on 3M
With Toni Zuper

Explore techniques to release everyday pressures and find time for yourself.

TUESDAY, APRIL 2

Power60: Justin Timberlake Edition

7:00am || 60 min || Studio A
With Nicole Verno

Nutrition Workshop: Pre-Workout Snacks to Fuel Your Body

4:30pm || 30 min || Rotunda
With Lizzy Greener

Learn the do's & don'ts of pre-workout snacking. Plus live demo and snacks to go.

Squash Round Robin

5:30pm || 3 hr || Squash Courts

Friendly squash games broken down into B, C, and Beginners divisions. Prizes for division winners. **Register at the front desk by March 31.**

Total Body 60: 90's Playlist

6:30pm || 60 min || Studio A
With Amanda Ryan

WEDNESDAY, APRIL 3

Rowing 101 Workshop

5:00pm || 60 min || Studio A
With Mike Miller

Learn the proper form, stroke, and basic technique of rowing.

Glow In The Dark Boxing + Live DJ

6:00pm || 60 min || Boxing Studio
With Greg Coachman, Nicole DeNardo & DJ Snake Riverz

THURSDAY, APRIL 4

Silver Circuit Workout

9:30am || 75 min || Spin, TRX, Studio B
With Nancy Roth

20 minutes of Spin, 20 minutes of TRX, followed by 20 minutes of Yoga & Stretching.

Yoga Workshop: Balance, Backbends & Beyond

5:30pm || 75 min || Studio B
With Deanna McLaughlin

Learn the effective techniques to improve backbends and balance postures.

SUNDAY, APRIL 7

Self Defense Workshop

10:00am || 2 hr || Boxing Studio
With Harry Ridall

Powerflow Yoga

12:00pm || 75 min || Yoga Studio
With Mary Holloway

A combo of traditional Vinyasa and Yoga Sculpt with free weights.

Yoga Workshop: Beginner Arm Balances + Inversions

1:30pm || 2 hr || Yoga Studio
With David Hem

A foundation to learning arm balance and inversion postures.

REGISTRATION REQUIRED FOR
CLASSES & WORKSHOPS IN MINDBODY

REGISTER FOR SQUASH ROUND ROBIN
AT THE FRONT DESK

SPA SPECIALS

SERIES OF 3 DEEP TISSUE MASSAGES (50 MIN)
\$225 (NORMALLY \$270)

SERIES OF 3 SWEDISH MASSAGES (50 MIN)
\$195 (NORMALLY \$243)

MUST BE PURCHASED BETWEEN APRIL 1-7