

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Flexibility Training - Add a 15 minute Flexibility Training Session to the end of your workout with one of our Personal Trainers. For</p>			 	<p>Team Training! This program focuses on strength training and endurance. Check out the schedule today!</p>		<p>1 Beginning Sat. 9/8- New Saturday classes: *Cardio Kickbox *Stride, Stretch & Strength *Aqua Yoga</p>
<p>2 Have you scheduled your Annual Fitness Assessment? All members receive a complimentary assessment each year. Schedule yours today!</p>	<div style="background-color: #000080; color: white; text-align: center; padding: 5px;">  <p>Labor Day</p> </div> <p>Club: 7:00am – 1:00pm Fitkids: 9:00am-12:00pm Café: 7:00am – 1:00pm Special Group Ex schedule posted</p>	<p>4 Check out the Vinyasa Flow Class Tuesday's from 5:15-6:15pm in the Mind/Body Studio</p>	<p>5 Next Pilates Reformer class begins 9/12 Wednesday's 5:30 – 6:30pm</p>	<p>6 Pilates Walk Outdoors from 9:30 – 10:25am Meet Lorelee at the front entrance</p> 	<p>7 NM5K Packet pick-up 8am – 6pm</p>	<p>8 OPEN HOUSE 8am – Noon You're invited to a fun filled day! See fliers for additional information. NM5K Packet pick-up 8am – 1pm</p>
<p>9 Race Day!</p> 	<p>10 Check out the Dance 101 class! Mondays from 12:15 – 1:15pm in the Mind/Body Studio. Class is held on the 2nd Monday of each month</p>	<p>11 Check out the Cardio Ballroom class! Tuesday's from 12:30 – 1:30pm in the Banquet Room</p>	<p>12 Parkinson's Support Group Monthly Meeting 10 am – 12 pm Held in Banquet Room. Registration is not required.</p>	<p>13</p>	<p>14 Check out the Therapeutic Ballet class! Friday's from 10:40 – 11:35am in the Mind/Body Studio</p>	<p>15 Did you know that our phone app has the most up-to-date class schedule and club news?</p> 
<p>16 Check out the WERQ class! Sundays from 10:20 – 11:20am in the Main Studio</p>	<p>17 Check out the Zumba/WERQ class! Mondays from 5:30 – 6:30pm in the Main Studio</p>	<p>18 I need some exercise!</p> 	<p>19 National Talk Like A Pirate Day!</p>	<p>20 Pilates Walk Outdoors from 9:30 – 10:25am Meet Lorelee at the front entrance</p> 	<p>21 Fall</p> 	<p>22 First day of Fall Tails and Trails dog walk 10:00AM</p> 
<p>23 Treat yourself to a massage</p> 		<p>25 National Lobster Day!</p> 	<p style="text-align: center;">Need Party Space? Reserve our banquet room for your next meeting, party, luncheon or</p>			<p>29 Lift the Weight of the World Off Your Shoulders – A Yoga style workshop with Stephanie 1-2:30 pm</p>
<p>30 Next Month look for Parkinson's Disease Patient & Family Symposium 10/13/18 8:30am-12:30pm Call 877-926-4664 for more info.</p>	<p style="text-align: center;">As a reminder, no pictures or videos are ever allowed to be taken at</p>		<p style="text-align: center;">More Reminders . . .</p> <p style="text-align: right;">Do not leave valuable items visible in your cars and be sure to lock your personal items in the lockers within the locker</p>			