

Member Appreciation Week!

Schedule of Events

Sunday, September 8

6 am - 12 pm	Free Coffee	Lobby
8:30 - 9:20 am	Reformer Demo Days*	Reformer Studio
11 am - 12 pm	Intro to Yoga Workshop*	Yoga Studio
12 - 1 pm	Grief Yoga*	Yoga Studio

Monday, September 9

5 am - 12 pm	Free Coffee	Lobby
9 - 11 am	Reformer Demo Days*	Reformer Studio
10-11:15 am	"KETO, Paleo, FODMAP, AIP: Which is Right for You?"* by Krystal Glassman	Conference Room
5:30 - 7 pm	Renovation Celebration Open House	Lobby
7 - 7:50 pm	Reformer Demo Days*	Reformer Studio

Tuesday, September 10

5 am - 12 pm	Free Coffee	Lobby
8 - 10 am	CVS Flu Shots*	Lobby
9 - 10 am	Intro to Boxing*	Track - Boxing Area
	Medicare 101 with Alex*	Conference Room
5 - 7 pm	CVS Flu Shots*	Lobby
5:15 - 7:50 pm	Reformer Demo Days*	Reformer Studio
6 - 7 pm	Teen Intro to Self Defense*	Group Ex Studio

Wednesday, September 11

5 am - 12 pm	Free Coffee	Lobby
9:30 - 10:20 am	Reformer Demo Days*	Reformer Studio
11:30 - 12:30 pm	"I've Fallen and I CAN Get Up"*	Conference Room
12 - 1 pm	Yoga for Arthritis*	Mat Studio
6 - 7 pm	Sound Healing with Lisa Devi*	Group Ex Studio

* Sign up required at Guest Services

