

Join us for Member Appreciation Week October 8-13

WE ❤️ OUR MEMBERS!

All week long we are celebrating YOU!

♥ Free coffee every morning 5 - 10 am

♥ Free healthy snacks every day ♥ Daily raffles and prizes

♥ Daily 1-on-1 stretches with a Personal Trainer

Monday, October 8	10:30 - 11:30 am	5 Practical Ways to Boost Metabolism* by Krystal Glassman, Nutritionist
Tuesday, October 9	8 - 10 am	Flu Shots* by CVS Pharmacy
	11:30 am - 12 pm	TRX Stretch with Sheila Hamilton**
	6 - 7 pm	Self Defense Workshop* with Kirk Herrig, Master MMA Instructor
	6:30 - 7:30 pm	Wellness Workshop: "Curb Your Child's Sugar Habit"* by Sue Zook
Wednesday, October 10	10:30 - 11 am	Stretching with Props with Debbie
	10:30 - 11:30 am	Medicare 101* Speaker
	5 - 5:30 pm	Dynamic Stretch with Debra Saper**
	5 - 7 pm	Flu Shots* by CVS Pharmacy
Thursday, October 11	10:30 - 11:30 am	Self Defense Workshop* with Kirk Herrig, Master MMA Instructor
	6 - 7 pm	5 Practical Ways to Boost Metabolism* by Krystal Glassman, Nutritionist
Friday, October 12	9:30 - 10 am	TRX Stretch with Jodi DiTomasso**
	12:20 - 1 pm	Senior Stretch with Christy Crnkovic**
Saturday, October 13	2 - 5 pm	Family Fitness Event

* Please sign up in the lobby to reserve your spot. ** See the "Stretch with the Trainers" flier for details.



FITNESS CENTER
at the Buffalo Grove Park District

Sponsored by:

