



DECEMBER

CALENDAR OF EVENTS

Please sign up for all seminars and events on the Fitness World app, or at the Front Desk.

HOLIDAY HOURS

Sunday 12/24 | 10AM-4PM

Monday 12/25 | Closed

Tuesday 12/26 | 8AM-8PM

Sunday 12/31 | 10AM-5PM

Monday 1/1 | 8AM-10PM

With limited Kids Room Hours and Classes. We will resume normal business hours on Wednesday 12/27.

AMP ASSESSMENT

Sunday

12/10 | 1:15PM

12/31 | 1:15PM

AMP-X

Saturday

12/2 | 10:45AM

NUTRITION SEMINARS

New Year, New Me | Monday 12/11 | 6:30-7:15PM

INTRODUCTION TO CYCLING

Saturday 12/2 | 11:00AM with Brock

TRAINING & SEMINARS

Importance of Stretching *Led by Brad*

Monday 12/4, 6:30PM

Friday 12/8, 6:00AM

How to Improve Balance + Stability *Led by Josh*

Wednesday 12/13, 7:00PM

Injury Prevention *Led by Jenn*

Thursday 12/7, 6:00PM