



JANUARY

CALENDAR OF EVENTS

Please sign up for all events on the Fitness World App or at the Front Desk.

GROUP EXERCISE NEWS

Intro to Group Cycling- Saturday 19th @ 11AM
Led by Brock

NEW! Pilates Express- Tuesday's @ 5PM
Led by Amy R.

NEW! Barre Burn- Saturday's @ 8:15AM
Led by Kathy

Barre & Bubbles

Monday, January 7th @ 6PM

Join us for Barre Burn at 5:00PM on January 7th with a special "Barre & Bubbles" to follow! We will be bringing in the new year and new Barre options with celebratory champagne for the participants of this evening's class. Sign up is available now on the Fitness World App.

Introducing **Unlimited Barre Burn!**

We now offer an Unlimited Barre package that allows participants to take as many Barre Burn classes as they wish. This package is available at a 3-month minimum and runs **\$69.00/month** in addition to monthly dues.

RUNNING PLAN WORKSHOP

Information Session: Mon. 1/14 @ 6-7PM

Jennifer will be leading a Running Plan Workshop to help you prepare for an upcoming race of your choice! This workshop will create a personalized training plan for a 5K, Half Marathon, or Full Marathon. With several years experience under her belt, Jennifer's workshop will include:

- Initial Consultation to discuss your race plans & goals
- Running Workout plan designed for your goals & schedule
- Bi-Weekly check-ins via email with plan adjustments as needed

AMP UP FOR THE NEW YEAR!

Upgrade to a Premium Membership by January 31st & receive 1st Month FREE!

Try something new this year by adding AMP Classes into your routine! Our AMP Program is one of the easiest ways to keep yourself motivated, on track, and reaching your fitness goals all year long. Members who upgrade to a Premium Membership this month will receive their 1st month FREE Plus a free MyZone Heart Rate Monitor to help you track your workouts and see your progress.

See a Staff Member today to get signed up for your first class for free!