



# JUNE

## CALENDAR OF EVENTS



### INTRO TO CYCLING

**Saturday, 6/16 @ 11:00AM**

Join Brock for beginner's cycling to learn all you need to know about indoor cycling! Participants will learn how to set up the bike, how to read the display, and hear about the technology that can be incorporated into your ride.



### Reset & Rebalance for Weight Loss (Information Session)

Summerfield Custom Wellness will be holding an info session for their Reset & Rebalance program. Reset & Rebalance is an interactive 8-week program that teaches you how to become an expert on the foods best for your body, for sustainable and long-term results.

**Info session will be held on Wednesday, 6/13 @ 6:00PM**



### SUNRISE WARRIOR BOOTCAMP

**\$99 Per Person, Begins Monday 6/4**

Get closer to your Fitness Goals by taking part in Sunrise Warrior! Led by Chandler, this express bootcamp will give you the structure, accountability and drive you need to lose those last few pounds before summer.

Sunrise Warrior takes place every **Mon/Wed** from **6-6:30AM** between **June 4th-June 27th**. **Program cost is \$99 a person which includes 8 training sessions with Chandler.**



### STUDENT SUMMER MEMBERSHIPS

**\$99 Per Student**

Do you know any students that are home for the summer? We offer Summer Memberships for students for just \$99! These memberships are available now and run through August 31st. (*\$99 fee is a one time payment that covers the entire summer term.*)

**Please see the Front Desk with questions or to get your student signed up.**



### ZUMBA PARTY!

**Thursday, June 28th | 6:00-7:30PM | FREE EVENT**

Join Emma, Melissa and Michelle for our next Zumba Party hosted by DJ the DJ! This 90-minute Zumba party will be held in the basketball court and is open to all.

**Sign up on the app under Seminars**

**If you would like to invite a guest please email [Melissa@FitnessWorldNC.com](mailto:Melissa@FitnessWorldNC.com)**