

May 2018



Calendar Of Events

“DEBUNKING DIETING MYTHS”

Tuesday, May 1st | 9:00AM + 6:00PM | Front Lobby

Join Summerfield Custom Wellness for this free Nutrition Seminar that will take a look at and dissect common dieting myths. Sign up now on the app under 'seminars.'

INTRO TO GROUP CYCLING

Saturday, May 12th | 11:00AM | Spin Room

Join Brock for our monthly Intro to Cycling course that will prepare you for your first spin class! During the intro course you will learn how to set up your bike, learn common terminology used in classes and hear about how the Keiser App and MyZone HeartRate Monitoring can be incorporated into your ride.

MEMBER APPRECIATION DAY

Tuesday, May 22nd | All Day Events + Activities

It is our members that help make Fitness World such a great community and we tip our hats to you! Make sure to stop by on May 22nd for our Member Appreciation Event. We will have many special guests, activities for kids and adults, and prizes being given out through out the day.

*During this event members are welcome to invite their friends and family to the club- **guests will be able to workout for free!***

Fitness World Welcomes... Summerfield Custom Wellness

Summerfield Custom Wellness specializes in **Personalized Wellness Plans, Weight Loss Programs, Meal Planning, Diabetes Management** and much more! Summerfield will be working in house to provide these and other comprehensive Nutrition programs; They are an in-network provider with Blue Cross Blue Shield & United Healthcare. For a majority of these insurance plans, members can receive Nutrition services for a \$0 copay.

To see if your insurance plan covers Nutrition services or to set up your complimentary consultation, please email or call:

P: 919.442.8398

E: info@SummerfieldCW.com



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Visit SummerfieldCustomWellness.com for more information on the Nutrition Services available.