

September



the Ultimate OBSTACLE COURSE
SATURDAY, SEPT. 13 2014
8-11 am

Please visit www.uchfoundation.org
 for more information or to register for the event!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Barre Burn (M) Pilates Reformer (M) Rise & Grind (MW) Labor Day Club Hours 7am - 6pm Pool Hours: 7am - 5:30pm Child Care Hours: 8am - 1pm	2 Aerial Yoga (Tu) Barre Burn (Tu) Lunch Break (TuTh) TRX/Kettlebell (Tu) Pilates Reformer (Tu) MaxFit (Tu) Daytime Youth Soccer Clinic Begins (Tu) Youth Flag Football Coed 7-8 Begins (Tu) Preschool Begins for 3's (2 day)	3 Aerial Yoga (W) TRX Beginner (W) MaxFit (W) Swim Lessons (MW) Preschool Begins for 4's (3 & 5 days)	4 Pilates Reformer (Th) Youth Flag Football Coed 9-11 Begins (Th)	5 Youth Flag Football Boys 12-14 Begins (F) Teen Dodgeball 8-10 pm	6 Swim Lessons (Sa)
7	8 Bring a Friend to Class (See schedule for participating classes.)	9 Bring a Friend to Class (See schedule for participating classes.) Trainer Tuesday	10 Bring a Friend to Class (See schedule for participating classes.) Aerial Yoga & Pilates Demo	11 Bring a Friend to Class (See schedule for participating classes.) Trainer Thursday	12 Bring a Friend to Class (See schedule for participating classes.) Teen Night 8:30-11 pm	13 Kids For Hope 8-11 am U4, U6, U8 Coed Soccer Clinic Begins (Sa) will be held at the Arena Club Sports Academy
14 Celebration for Thin & Healthy Members 6-8pm	15	16	17 The Masters Swim Team will begin their season September 2. It is open to all ability levels ages 18 and older. Sign up at the front desk. For more info email Jen Masquelier at acmswimming@gmail.com	18	19	20 Kids Night Out 6-10 pm
21	22 Swim for the Starz! The Arena Club Aquatics Year-Round Starz team is still accepting registrations for the 2014/15 season!	23	24	25 Day Camp	26	27 Arena Club at the Healthy Harford Day Bel Air Farmers Market
28	29	30 Lunch Break (TuTh) Pals for Life (TuTh)				

BACK 2 SCHOOL BACK 2 YOU!

Enjoy some "me" time!

September 8-12

Bring your friends to select classes/events for FREE this week!

Referral Special The member that refers the most friends this week that join will win their choice of two 30-minute sessions with select trainers OR a FREE October program (choice of Pilates Reformer, Aerial Yoga, Lunch Break, Max Fit, or TRX/RHB)!

